Canadian Home Economics Journal

Revue Canadienne d'Economie Familiale

Winter 1981 Volume 31, No. 1

Focus: Social Trends

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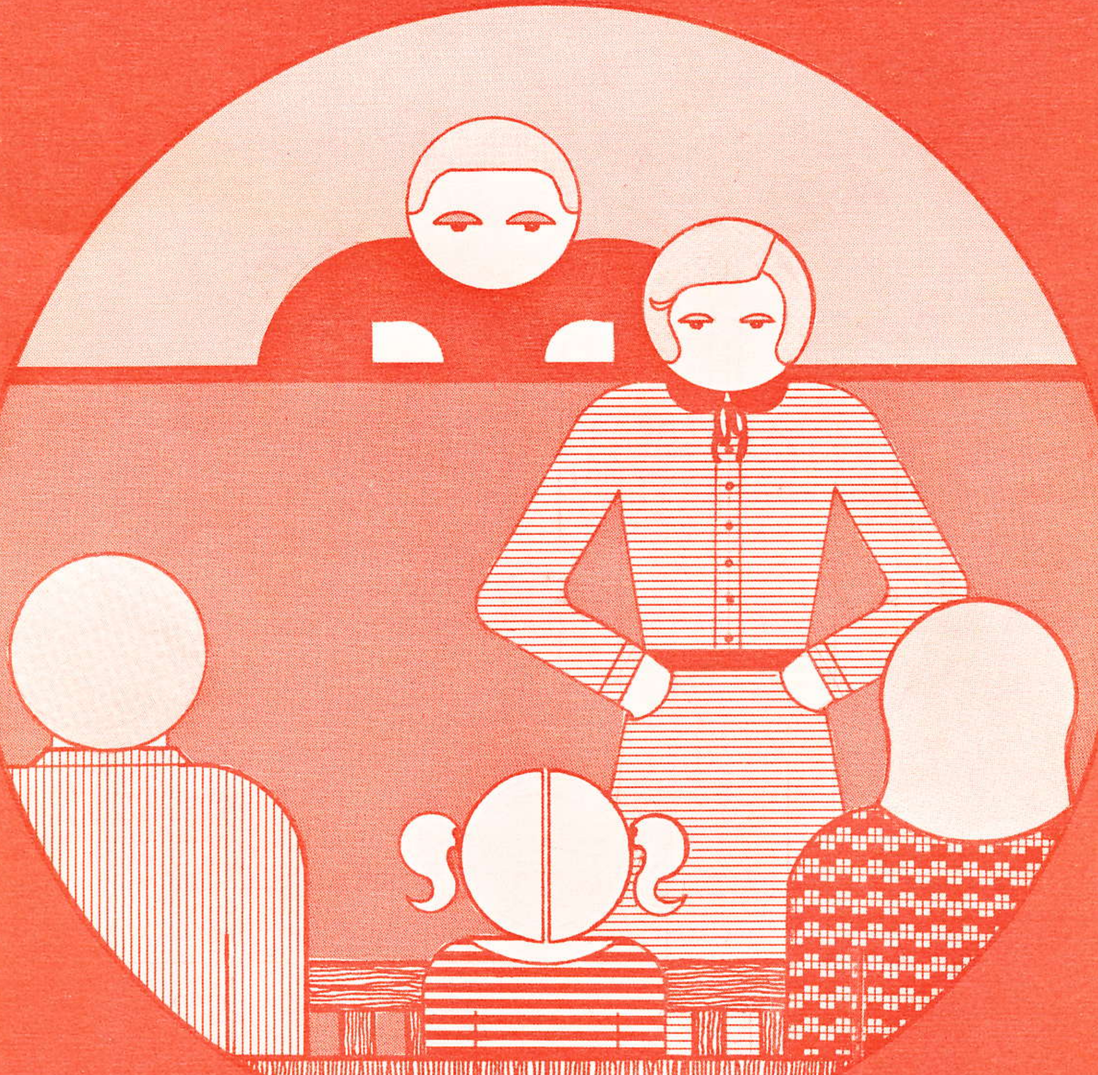
Focalisation: Tendances Sociales



Canadian Home Economics Association Conference, Toronto 1981
Congrès de l'Association canadienne d'économie familiale

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JULY 6 - 9th

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Integration Within The Profession
Eleanor Vaines,
University of British Columbia

Integration With Other Sectors
David Tafler,
Editor Financial Times of Canada

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- ☐ Sensory Evaluation of Food
- ☐ People in the Management Process
- ☐ Les Problèmes Des Consomateurs et Les Lignes De Force De La Loi La Protection
- ☐ Perspective on Textiles in Canada
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- and much more -

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JOURNAL COMMITTEE

Chairman:
Betty Mullen

Co-editors:
Betty Mullen
20 Marlboro Road
Edmonton, Alberta T6J 2C6
Phone: (403) 434-0711

Verna Lefebvre
Dept. of Secondary Education
University of Alberta
Edmonton, Alberta T6G 2G5
Phone: (403) 432-5769 or 487-4746

Research Editor:
Anne Kernaleguen
Faculty of Home Economics
University of Alberta
Edmonton, Alberta T6G 2M8
Phone: (403) 432-3826 or 432-0507

Book Review Editor:
Iva Bradley
308, 9405 - 94 Avenue
Fort Saskatchewan, Alberta T8L 1N6
Phone: (403) 998-9283 or 895-2219

Feature Editor:
(What's New
and New Publications and Visuals)
Jean Wilson
5611 - 105 Street. #73
Edmonton. Alberta T6H 2N2
Phone: (403) 436-9380 or 435-0416

Business Manager and
Advertising Representative:
Joan Kucharski
4519 - 107 Avenue
Edmonton. Alberta T6A 1L8
Phone: (403) 466-4472

CHEA National Office:
Diana Smith
151 Slater Street, Ste. 203
Ottawa, Canada K1P 5H3
Phone: (613) 232-9791

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Canadian Home Economics
Association
L'Association Canadienne
d'Economie Familiale

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AIM

The overall aim of the Canadian Home Economics Association shall be to promote the well-being of individuals and families, and to serve home and community life in Canada.

GOALS

- To promote the attainment of high professional standards through continuing education and professional development among home economists.
- To encourage research and the dissemination and use of research findings.
- To facilitate communications and cooperation among local, provincial, national and international home economics groups.
- To initiate communication and cooperation among groups who share the overall aim of the Association.
- To promote in-depth studies of social issues by drawing upon available expertise and subsequently to develop positions on those issues relating to the well-being of families and make recommendations to appropriate agencies and levels of government.
- To encourage awareness of pending legislation on issues which may affect the well-being of individuals and families and to take action in appropriate cases.

COMMUNIQUE

from the Executive

Marg Murray
CHEA Secretary

Although the 1980-81 executive's home base is Toronto, members travel from various parts of Ontario (i.e. London, Walkerton, Ottawa) to attend meetings. In addition to the president, vice-president, secretary, treasurer and president-elect (via conference call), the executive committee has been expanded to include the Ontario director, Membership and Public Relations chairmen with input from Conference '81 and HEIB committees and our Executive Director.

To date, three meetings have been held. The following is an update of our Association's activities:

● Membership continues to be of concern. As of September 30, 1980, our membership stood at 1646, the same as one year ago. The major thrust of the membership campaign this year will be to the current student population. Our membership chairman, Janice Shivers and her committee have prepared a student brochure. Distribution of the brochure was planned for December, 1980.

● We are pleased to announce the appointment of Elizabeth Wilson as Chairman of the Legislation and Constitution committee.

● Two new policies have been introduced by the Executive. The chairmen for special committees and the representatives to other organizations are now appointed for a two-year term, with the possibility of reappointment for one more term. Representatives to other organizations must also be an active or corresponding member of the standing or special committee which is closely alligned to the organization's interests. For example, the respresentative to the Canadian Hunger Foundation would also be an active or corresponding member of the International Development Committee. In this way, representatives will be better able to represent CHEA to the organizations.

● One important item for the agenda of the mid-year Board Meetings, January 17 and 18, 1981 is the setting of long range goals and objectives for CHEA. The executive looks forward to sharing the results of these discussions in our next *Communique.*

● A consulting firm has been appointed to draw up a group insurance plan for CHEA members. Insurance firms will be invited to bid on the privilege of underwriting the CHEA plan in the near future.

● Use of nutrition videotapes prepared in the United States as public service announcements in Canada has been approved. ●

Managing Expanded Expectations

It is a concern that many CHEA members are unaware of the rather remarkable challenges and accomplishments that have been met by this association in recent years. Member services have increased with the upgrading and indexing of the *Journal.* Conferences have been made annual events in order to provide home economists from various parts of the country with more frequent opportunities for updating and communicating with colleagues. We have seen the implementation of newsletters, mail ballots, and operation alert. Now plans are underway for computerizing our membership list so that each member will have a directory and the Association can have useful membership access. A word processor will be used. This will make it possible to operate without our temporary staff person when she retires in December. This is yet another move toward managing the National Office more effectively in order to provide best possible service to members.

CHEA is speaking out for home economists on issues which concern the profession and on public issues which affect women. For example, we have corresponded with six federal cabinet ministers in the past year expressing our views. We now have an active Resolutions Committee and position papers are written by various committees for consideration by the Association. These help shape our policy and show publicly our stance on matters concerning the profession.

Significant strides have been made in international development and we are told that this association is a leader of professional organizations in this country responding to Third World development problems. This is hardly surprising when we look at the record of international work that has been done by some of our outstanding members in the past. We now have achieving, active committees and advances have been made in the support of research and graduate study in our field. Board meetings, now semi annual events, have become exciting times as new ideas and opportunities are explored with enthusiasm.

With all this, however, comes a nagging question: Can we afford financially and with our manpower base (actually "membership power") to meet all of the demands and opportunities that come before us? Can we afford to take appropriate action? Can we do it all at a standard we find acceptable?

If we are to continue to progress as an association I submit that we must now reflect upon, assess, and develop our priorities. A way of doing this is to set for CHEA some long range accomplishable objectives. If we establish these (not in stone of course) we will then be able to prioritize by conscious decision making as new challenges present themselves. We can proceed logically on a planned pathway of progress to continue to work toward our stated aim and goals.

In January your Board of Directors will be setting long range objectives for the Association. Where do we want to be as a profession in five years? What major accomplishments do we wish to make by that time? How are we going to achieve these goals financially and in a manpower/representation sense?

Once we have defined long term objectives we can set priorities on our time, our energy, and our money. It will be possible to establish a base for needed long range financial planning.

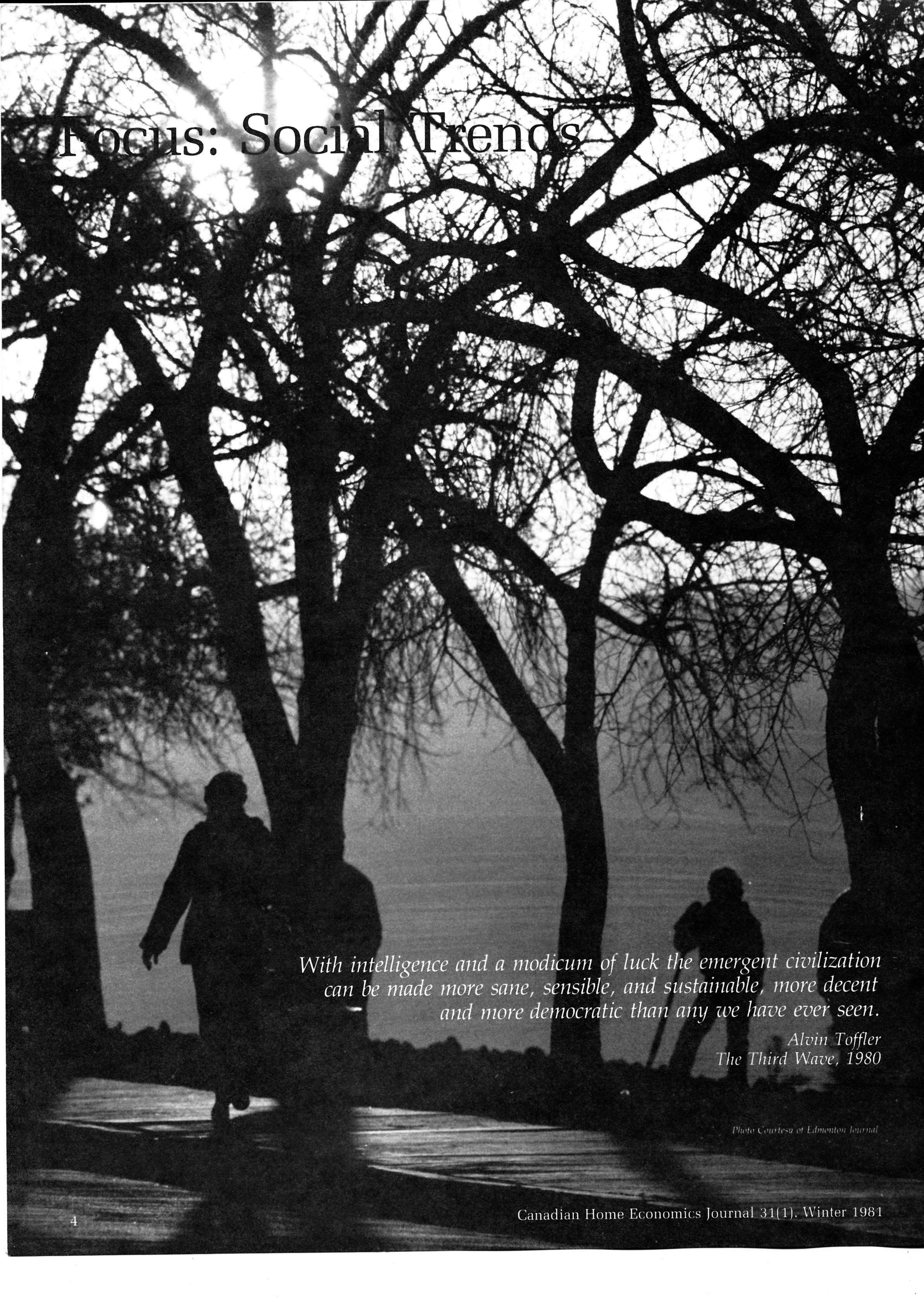
As the Board meets to deal with this challenge, it is important that our membership is aware of this activity and that both members and those of our profession whom we represent (through affiliated groups, etc.) have to reach to the priorities that are set. This will be afforded through the communication links of our journal and newsletter.

It is hoped that through this process we will be able to broaden our membership base, work more effectively toward our aims and respond more adequately to our present society's somewhat expanded expectation of women's professions. This expanded expectation is something I suspect that we also possess as professionals and as individual members of this Association. I suggest that in this time of our history, in order to maintain the momentum of positive change that has taken place with regard to changing roles of men and women, that we ought to strive particularly hard to meet such expectations. ●

President's Message

May Maskow

Focus: Social Trends



With intelligence and a modicum of luck the emergent civilization can be made more sane, sensible, and sustainable, more decent and more democratic than any we have ever seen.

Alvin Toffler
The Third Wave, 1980

Photo Courtesy of Edmonton Journal

Agent Provocateur

Liz Dowdeswell
Guest Editor

What does a home economist do to act appropriately in the public interest in the 1980's? How does one define functions and roles which pass the *relevancy test* in an age of accelerated technological and social change? To what degree are home economists sensitive to the full responsibilities and possibilities in developing an environment conducive to growth?

The Canadian psychiatrist, Dr. Brock Chisholm has lamented that "so far in the history of the world there have never been enough mature people in the right place at the right time." He suggests that now, in this period of rapid social change, there is an urgent need for having mature persons in key positions in our society. By "mature" he seems to have in mind liberally-educated persons who have the sociological perspective, the moral integrity and the psychological self-sufficiency "to be different".

Home economists occupy strategic positions of influence. They need to be people who can see home economics as linked with the larger social issues of our times so that each decision they make passes the maturity test — how will this decision, this policy, this activity contribute to the development of an environment conducive to growth?

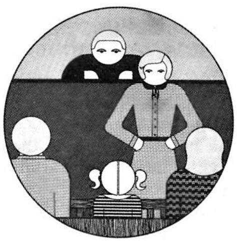
"To raise new questions, new possibilities, to regard old problems from a new angle requires creative imagination and marks real advance in science." No one is going to deny the integrity of Albert Einstein's statement, but what does it mean for the home economist? While everyone agrees with the obvious desirability of creative capacity, the more difficult concommitant is the emancipation from the *iron maiden* of tradition. The home economist is faced with the need for courage to break away from what is properly acceptable for home economics and to embark on a limitless ocean of discovery and social action.

Yet another social thinker, Lester Pearson, defined a third quality necessary for social change — realism. "The true realist is the man who sees things both as they are and as they can be. In every situation, there is a possibility of improvement; in every life the hidden capacity for something better. True realism involves a dual vision, both sight and insight."

A home economist with conceptualizing skills, human relations skills and technical skills can make real contributions to society. For women who decide to be productive, to be important, to use their brains, and to learn new and interesting skills are ready to better understand the dynamic and perplexing changes facing people.

But, in themselves, maturity, creativity and realism are not enough. What is needed is the animating impulse — an internal provocateur or less desirably some external motivating force which prods one into action. But better is to discover within oneself that irritating itch which says to be a home economist is necessarily to be a social revolutionary.

> *One's philosophy is not best expressed in words, it is expressed in the choices one makes . . . in the long run, we shape our lives and we shape ourselves. The process never ends until we die. AND THE CHOICES WE MAKE ARE ULTIMATELY OVER RESPONSIBILITY.*
>
> *Eleanor Roosevelt*



Liz Dowdeswell has been Deputy Minister of the Department of Culture and Youth, Government of Saskatchewan for the past two years. She holds a Bachelor of Science degree in Home Economics from the University of Saskatchewan and a Master of Science, Behavioral Sciences, from Utah State University. As a professional home economist she taught at both high school and university levels, in Saskatchewan and Alberta, worked as a 4-H specialist and as a program consultant in Consumer Education for the Department of Education. Her responsibilities within the Department of Education included developing strategies for improvement of the status of women in education, and serving as the Departmental focus for human rights. Her masters reseach exploring the relationships among pregnancy, adaptability to stress and clothing values earned her a Canadian Federation of University Women scholarship. She continues to be a member of numerous professional organizations in the home economics, educational and cultural fields.

Raising Kids is Hard, When You're Alone — It's Harder:

One Way to Bring the Issue Home to Teens

Mufty Mathewson

Child neglect *is defined as deprivation of necessities. The American Humane Society does an analysis of their reported child neglect and abuse cases annually. In 1978 it was determined that of all their child neglect cases, almost half, 45.6% (Annual Report 1978, 1979), had only a mother present in the home.*

Raising Kids is Hard, When You're Alone — It's Harder *is a photo-essay slide/tape presentation which was developed during the International Year of the Child. Its purpose was to be one small effort to combat the rising incidence of child abuse and neglect in today's world. It was hoped that by creating a vehicle which portrayed some of the realities of child-rearing, young, pregnant, alone teens would have more insight on which to base their decision to keep their child or to give it up for adoption.*

Several young women agreed to be models for the project. They allowed the author into their lives so that the realities of child care could be portrayed. The premise that a young mother can be lonely and without resources was emphasized throughout.

Young, pregnant, and alone young teens make up a substantial part of the case load confronting social service workers. This is not surprising in view of the fact that roughly half of today's adolescents are sexually active (Maclean's, 1980). "Every week in this country more than 1000 teens become pregnant" (Damude, 1979, p.9).

Young people are very badly informed about sexual urges and contraception. They think if they talk about sex first, it will be spoiled. They are romantic and they want *real* love. The girls think that *giving* themselves to the boy in high school will be a pure act of love. As well, none of them think pregnancy happens *the first time* or *to me*. So, while their parents and school boards discuss the advisability of sex education in the school, the kids are practicing it at home and making babies. Often the girls involved have a poor self-image and low self-esteem. They do not feel good enough about themselves to set sexual limits or to know that they have the option of saying "NO".

Mufty Mathewson received a diploma in Physio and Occupational Therapy from McGill in 1954 and a B.P.T. from the University of Alberta in 1975. It was while practising as an occupational therapist, treating burned babies, that she became aware of the plight of single mothers who are desperate enough to harm their children. During International Year of the Child she created a photo-essay which captures the joys as well as the harsh realities of rearing a child alone.

Ms. Mathewson has four children who are almost grown and is presently freelancing in Edmonton, Alberta in her new career of photography.

Dilemma

The dilemma is that when they become pregnant, their esteem takes another downward plunge. Now they are afraid to tell the boy because "I will lose him", or "He'll blame me because he thought I was on the pill". They are so frightened of what their parents will do to them that they deny the pregnancy, even to themselves, for many months and may finally run away from home.

Some of these girls appear in social service agencies, are given social assistance and are aided in finding an apartment. Suddenly they are tenants with more money to manage for a month than they ever had in their lives. They are directed to prenatal classes, medical appointments, dietitians, social workers and school counselling. The little girl of fourteen, who six months ago was a frightened, insecure school child who never did anything right or who couldn't ever please anyone, is suddenly getting more attention than she's had in years. Everyone is noticing her, helping her and advising her. It seems that she has what she really wanted in the first place — love, care and attention. What's more, it looks like she's going to get more, a free layette, baby allowance and oh yes, a baby — a smiling, sweet adorable baby who will love her and be something for her to love. The two of them will be happy forever.

> *The little girl of fourteen, who six months ago was a frightened, insecure school child who never did anything right or who couldn't ever please anyone, is suddenly getting more attention than she's had in years.*

The child has a child. Mother is too young to have a bank loan, sign a lease or even to sign a photo release for *herself.* However, she *can* make a decision to keep her baby — all by herself. No co-signing, legal adult is necessary.

Out of 50,000 adolescents who got pregnant in 1976, more than 18,000 continued their pregnancies and nine out of ten chose to keep their babies (Damude, 1979, p.9).

In a study of 246 non-married mothers in Ontario maternity homes (Schlesinger, 1980) a difference of profile was found for those women who surrendered their babies for adoption and those who kept their babies. There was a rather alarming finding that the woman who is planning to keep her child will probably have reported serious illness or handicaps and is three times as likely to have undergone psychiatric treatment in the past. The disquieting question is raised. Is the wrong woman keeping the child?

A Day in the Life of the Child Mother

What is a day like for the child mother? She goes home to her subsidized apartment paid for by social assistance and starts the day to day care of her baby. The baby needs feeding six times a day. She's tired and her money goes too quickly. The novelty soon wears off. Her old friends are bored with *her* life and *her* baby. Often her boyfriend has moved out of the province so he can't be nailed for support payments. She is lonely and alone. It isn't much fun. Besides this, attitudes to single mothers continue to undermine her feeling of self-worth. The job of mother in our society has very low prestige in today's world and those who choose this role must continually remind themselves that it is a worthwhile occupation. The child mother soon begins to sense this attitude toward her, too. There is rarely recreation or opportunity for Mother to have a break, be it simply for an evening walk or a weekend. There are no resources at all if she should become ill or think she is becoming a threat to her baby's health (that is, if she feels like hurting the child because of her own feelings of isolation, anger or inadequacy). Parenting is a skill being practiced today in isolation.

Bedroom communities are full of young mothers, married and single, who are alone with new babies. Our mobile society means that there are rarely grandmothers, aunts, or old friends nearby. The young mother does her best on her own with her new occupation. What's it like? That's what the photo-essay, *Raising Kids is Hard, When You're Alone . . . It's Harder,* tries to portray to young people.

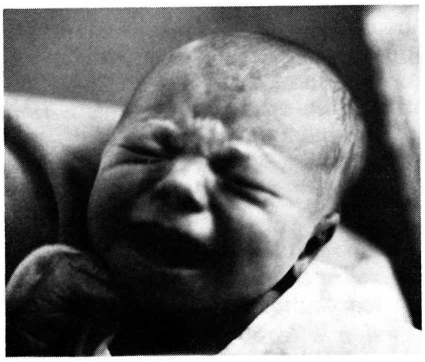
> *The child has a child. Mother is too young to have a bank loan, sign a lease or even to sign a photo release for herself. However, she can make a decision to keep her baby — all by herself.*

Response

The slide/tape presentation depicting some of the problems of the single mother has received an excellent reception from school trustees, health units, school systems, planned parenthood groups and mothers. It has been warmly received and evokes discussion wherever shown (over 100 times so far by its author). Much of the discussion focuses on the realities portrayed in the project of how to care for a baby. Some of the comments reinforced by young mothers were "I didn't know it took an hour to feed a baby and that you had to do it every four hours, all night and all day"; "I didn't know babies cried so much"; "I didn't know I'd be so tired"; "I didn't known there would be times when I wanted to yell at my baby." These reactions reinforce the plea for parenting classes dealing with both the day to day practical management of having a child, but more specifically, the feelings one might experience while being a parent.

The feeling of wanting to walk out, to scream, or just to sleep, are usually not feelings which are shared in popular supermarket magazines. It is a well known fact that the biological ability to produce children does not, at the same time, confer the ability to be a good parent. "Indeed, becoming a good parent is less a biological process than a learning process" (Cass, 1978).

Bedroom communities are full of young mothers, married and single, who are alone with new babies. Our mobile society means that there are rarely grandmothers, aunts, or old friends nearby.



Recommendation

Parenting courses are needed to:

- Foster practical parenting skills,
- Assist young people in establishing realistic expectations,
- Assist single/alone mothers to develop a positive, secure, self-image about themselves and their sexuality,
- Provide companionship for and a meeting place for others undergoing the same experiences,
- Assist young people in reaching community resources available to support them if they are in difficulties.

These programs are presently being started all over the country (Billung-Meyer, 1979). If family studies curriculums can be broadened to include more of this information, a preventative step would be taken to solve the problem of the *alone mother*. Raising kids *is* hard, and when you're alone — *it's harder*. ●

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For further information on "Raising Kids . . ." see "New Publications and Visuals," *Canadian Home Economics Journal*, Spring 1980, 30 (2), 133.

Summary of Resolutions Passed at the XIVth Congress of International Federation of Home Economics Manilla, Phillippines, July 1980

RESOLUTION 1:

Maternal, Infant and Child Feeding Practices

RESOLVED that members of IFHE lend their support to schools, other community agencies, business, government and to research throughout the world toward more effective maternal and child feeding practices; and be it further

RESOLVED that emphasis be given to increasing available food supplies and scientifically sound nutrition principles in keeping with cultural patterns and regional conditions of development; and be it further

RESOLVED that IFHE members seek out and work diligently throughout the world with other public and private organizations interested in similar goals and objectives toward improving maternal, infant and child feeding practices everywhere.

RESOLUTION 2:

Helping Meet Needs of Refugees in Times of Human Crisis

RESOLVED that IFHE establish a systematic plan for members to work with government agencies and organizations attempting to provide relief to displaced persons and refugees in time of crisis and help these organizations understand the kind and value of services and leadership home economists can provide in times of human crisis; and be it further

RESOLVED that a list of possible home economics short-term volunteers with credentials be kept current and provided to organizations as needed in world-wide or regional relief programs; and be it further

RESOLVED that the IFHE Executive Committee appoint a committee to work on the development of methods and materials that can be used by IFHE members in the re-location and re-establishment of refugee families.

RESOLUTION 3:

Providing a Research Base for Solutions to Problems Facing Families

RESOLVED that IFHE established a roster of home economists with skills in planning and conducting research in order to lend support and strengthen the research efforts and potential contribution of home economists in member nations.

RESOLUTION 4:

Strengthening the Scholarship/Fellowship Program

RESOLVED that IFHE should help develop a scholarship/fellowship progam so that more opportunities are made available for professional development and to gain knowledge through contact with colleagues in other countries.

RESOLUTION 5:

Strengthening the Partnership of Home Economists with Others

RESOLVED that IFHE direct its members (individuals and organizations) to become more actively involved with other professions in programs related to developmental concerns affecting the welfare of the family: population, education, malnutrition prevention, energy conservation, food production, community service.

RESOLUTION 6:

Home Economics as a Force for Improvement of Human Potential

RESOLVED that home economists focus their action in helping individuals to become conscious of their responsibilities for their own development and for the development of their society; and be it further

RESOLVED that IFHE work with organizations and governmental agencies throughout the world to better focus on development of individual potential and opportunities to strengthen the quality of life for individuals and families.

RESOLUTION 7:

Equal Opportunities in Rural Development Programs

RESOLVED that the IFHE work relentlessly with rural development organizations and governmental agencies throughout the world to provide opportunities for men and women to share equally in leadership, planning, funding, and operation of rural development programs; and be it further

RESOLVED that the IFHE Executive Committee develop papers and materials to share with organizations and governments to show evidence of benefits to be gained by providing equal opportunities for women in rural development leadership roles.

RESOLUTION 8:

In Support of the United Nations Decade of Women

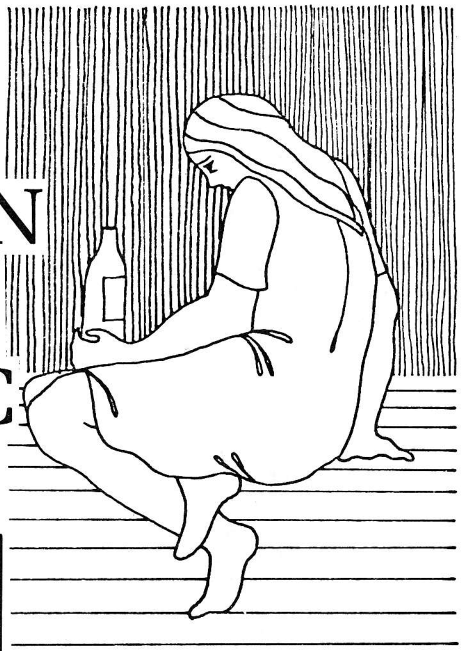
RESOLVED that the IFHE support the goals and objectives of the United Nations Decade of Women; and be it further

RESOLVED that the Executive Committee of the IFHE, in helping with the world plan of action of the United Nations Decade of Women, develop a strategy for working with appropriate public and private organizations and agencies throughout the world to insure equal rights and opportunities for women at community, national and international levels; and be it further

RESOLVED that the IFHE Executive Committee communicate with the United Nations Decade of Women committee the potential of home economists to strengthen and support equal opportunities for women world-wide.

The justification and the whereas statements have been omitted in order to shorten the presentation. Full statements may be obtained from the Congress delegates.

THE WOMAN ALCOHOLIC



Winnie Fraser

Abstract

The term "alcoholic" applies to anyone — male or female — and is often misunderstood by the public at large. Yet, the *woman* who drinks is subject to far more criticism and is far more misunderstood than her male counterpart. This paper deals with alcoholism in women — the extent of the problem, recognition of symptoms and phases of alcoholism, special needs of women alcoholics, support systems, and the home economist as an intervener. It is my hope that, after you have read this paper, you will begin to understand the woman alcoholic not as a failed wife, a failed mother, a failed executive, or a no-good, but as a woman and a person.

Résumé

La femme alcoolique

Le terme alcoolique s'applique à tout individu — homme ou femme — et est souvent mal interprété par le public. Cepeudant, la femme qui boit fait l'objet de beaucoup plus de critiques et est beaucoup plus incomprise que ne l'est l'homme dans le même cas. Cet article traite le problème de l'alcoolisme chez les femmes — l'étendue du probléme, la reconnaissance des symptômes et des phases de l'alcoolisme, les besoins particuliers des femmes alcooliques, les systèmes d'assistance, et le rôle de l'économiste intervenant dans ce domaine.

J'espère que, après avoir lu cet article, vous commencerez à comprendre la femme alcoolique non pas en tant qu'épouse ratée, mère ratée, professionnelle ratée ou bonne à rien, mais en tant que femme et en tant qu'être humain.

Extent of the Problem

What comes to mind when you hear the term, "The Woman Alcoholic?" Take a moment to jot down your impressions and, when you have finished this article, go back over them.

I use this exercise to open many presentations on the woman alcoholic. It always amazes me, particularly among professional women's groups, to hear the woman alcoholic described as a skid row bum, a derelict, or a hopeless drunk. Part of our difficulty in judging the extent of the problem of alcoholism among women stems from the little-realized fact that the alcoholic woman is not any different, and does not have any different trials and tribulations, than most of us do as women. Although there may be potentially as many alcoholics among the female population as among males, they are hard to recognize in the "respectable" woman we meet on the street or in our everyday workplace.

Who is *the woman alcoholic?* She could be a colleague, or one of the mothers of your students, or one of your students. She could even be you.

Women alcoholics who come for treatment probably represent only the tip of the iceberg. Typically, however, such a woman will be between 35 and 45 years of age, though we have seen women as young as 14 in alcoholism treatment centres. She may be either a homemaker or a career-woman.

Winnie Fraser has worked for 25 years in the field of addictions in such positions as psychiatric nurse in Prince Edward Island, Ontario and the United States, as Acting Director of a Detoxification Unit with the Addiction Research Foundation in Toronto and since 1975 in her present position as Executive Director of Northern Addiction Services in Yellowknife, NWT. She has published several papers and articles on addiction. Ms. Fraser is a board member and secretary of the Canadian Addictions Foundation and the president of the Council on Women and Chemical Dependency. Her special interests are women and addictions, native problems, and the problems of youth and alcohol.

If she is a homemaker, usually her children have grown up and she no longer feels needed or worthwhile. While her children were growing, she did not take the time, or perhaps did not have the time, to involve herself in community activities or work towards her own personal growth and identity. Her situation may be further aggravated by a husband who continues to move and grow in his job or career, leaving her behind. These problems are not new; but living in the eighties has also brought this woman further conflicting demands from society, television advertisers, and perhaps from her own family, all of whom may now be telling her that to be a successful woman, wife- and motherhood are no longer enough. Gradually crumbling under her own search for perfection, as well as the demands and expectations of others, she sinks into hopelessness and helplessness. Lonely, depressed, or angry, she turns to alcohol for her instant answer.

If she is a career-woman, she often has much in common with the work-world stress of her male alcoholic counterpart. Like him, she may keep her bottles stashed in desk drawers. She does have the additional advantage of large handbags as well as her briefcase — and the additional pressure of the same conflicting demands placed on her as a woman that her sister, the alcoholic homemaker, and indeed, all of us, face.

Apart from the recognition factor, it is particularly hard to judge the extent of alcoholism among women because the diagnosis of *alcoholism* has traditionally been an even greater stigma or mark of disgrace for a female than a male. Hence, the female alcoholic is hidden. She hides behind an illusion of *respectability*, refusing to recognize her problem, aided by those around her — children, husband, employer, doctor, police or judge. She learns to be very cunning at hiding her alcohol; while her friends have coffee, she will pour her cocktail from the teapot, and at parties, she will be very careful not to expose herself. For a while, she will succeed.

My first experience with the care of women alcoholics was in 1954 as a student nurse in a psychiatric hospital. In those days, women were brought in unconscious. Others were admitted in the same state to general hospitals. In both cases, they were usually deliberately mis-diagnosed to guard against their discovery and to protect them. In some areas, that situation has not really changed. Further, I still find that the woman alcoholic, especially if she is able to keep herself fairly well-dressed and well-manicured, can easily con a medical doctor into thinking that she is suffering from fatigue, gastroenteritis, back problems, insomnia or other physical ailments rather than alcoholism.

There are hundreds, perhaps thousands, of women alcoholics. Alcoholism is a very democratic illness. It afflicts individuals from all levels of society, all economic and occupational groups, and all educational, religious and racial backgrounds, of any age and either sex. Research indicates that certain groups may be particularly vulnerable, for example, separated, single and divorced persons, but the only people who are immune are those who never use alcohol or any other mood-altering chemicals. Today, more women are coming in and asking for help than in the past. This could indicate that alcoholism is in fact on the increase among women, in today's complex society, or that doctors are making better diagnoses. I prefer to see it as an encouraging sign that indicates the stigma of alcoholism for women may be slightly diminishing, owing to increased public awareness.

Recognition of Symptoms

Before one can recognize the alcoholic, it is crucial to understand what exactly alcoholism is: it is a progressive disease, with identifiable and recognizable symptoms, which gradually make people's drinking go out of control. It is very important to understand that alcoholism is not a moral disgrace, but an illness, and a treatable one at that.

The beginning drinking patterns of alcoholic women are the same as those of many ordinary social drinkers. Alcohol is a socially accepted element of our society, and most women, alcoholic or not, have their initial exposure to alcohol at social gatherings or in their own homes. Many people, not necessarily alcoholic, begin drinking at an early age, with 50% using an alcoholic beverage before the age of 18.

But social drinking is *not* alcoholic drinking. Alcoholic drinking shows definite signs and a definite progression. If drinking interferes in any way in your personal life, you may be faced with a drinking problem. This is not to say you are a full-blown alcoholic, but it may be time to take a look at your drinking patterns.

Indications that a drinking problem exists, or is developing, might include the following signs:

Signs of First Phase or Early Alcoholism

- being late for work or school because of hangovers
- missing time from work or class
- drinking alone and when lonely
- argumentative behaviour with friends and family
- gulping and sneaking drinks
- drinking before going out to parties, meetings, to gain courage and confidence.

As these drinking patterns become part of a woman's lifestyle, she may not realize that she is progressing into the second and third phase of alcoholism.

Signs of Second Phase Alcoholism

- drinking in the morning as a pick-me-up before starting out for work or starting daily household chores.
- having difficulty remembering what was seen or done the night before.
- feeling angry with oneself after a drinking binge.
- having difficulty getting one's children ready for school in the morning.
- finding that one's children are making excuses why their friends can't come over.
- envying people who can drink without getting into trouble.
- feeling that more could be done with life without the influence of alcohol.
- finding the family budget needs more and more arranging so that more alcohol can be afforded.
- priding oneself on being able to drink one's friends "under the table".
- finding oneself drinking more when one's husband is out of town.
- not being invited to friends' and neighbours' parties anymore.
- finding that others around (husband, children, co-workers) are having to do more and more of the work.

- using the "alibi" system, i.e. "one more drink won't hurt", or "I can quit anytime".

In the third phase of alcoholism, there is total loss of control; hiding alcohol in vacuum cleaner bags, laundry bags, filing cabinets, desk drawers; anti-social behaviour; alcohol amnesia (blackouts); loss of friends and family; and ultimately, hospitalization.

Special Problems

Research into the special problems and needs of the woman alcoholic has been much neglected, and there is no doubt more is required if she is to be effectively treated. Because of different physiological and socialization processes, many of the problems I have seen women experience with alcoholism are almost totally foreign to men.

Women achieve a higher blood alcohol level and therefore become more intoxicated than men do when drinking the same amount of alcohol proportionate to body weight.

Alcoholic women are also diagnosed as mentally ill more frequently than male alcoholics, and those in treatment have a higher rate of attempted suicide. To some extent, this may stem from emotional/physiological problems originating in the menstrual cycle, such as physically induced depressions exacerbated by the depressant effect of alcohol. Most women are in fact cross addicted to tranquilizers and sedatives as well as to alcohol, probably because they tend to see their doctors more often than men do for emotional problems.

By far the greatest special problem that a woman alcoholic has, as opposed to a male, however, is the double standard of the stigma attached to alcoholism. While alcoholism in general is stigmatized, a male drunk may be seen as "macho" or "amusing", or at worst, "pathetic". A female drunk is invariably seen as "downright disgusting".

This double standard, often internalized by the woman alcoholic herself, means that her alcoholism has different social and psychological consequences for her. The notion of the "fallen woman" may mean, as we have already seen, that she and those around her take longer to admit her problem and get treatment for it. When she does enter into treatment, she, more often than her male counterpart, will have already lost her family as a source of support. While there is community approval for the wife who stands by an alcoholic husband, no one blames a man who quickly gets fed up and dumps his drunken wife.

The woman in treatment will frequently have a much lower sense of self-esteem and a much deeper sense of guilt to overcome, as well as far greater anguish at the loss of the home environment. Men tend to find it easier to forgive themselves for their drinking, and to accept the illness concept offered them. The woman alcoholic may therefore require more time than a man in the rehabilitation process.

Finally, women, far more often than men, will terminate treatment because of guilt or harassment over who will care for their children during the treatment period, especially if the husband has left.

There are other aspects of female socialization, besides the double standard, which create special problems and needs for the woman alcoholic. Some of these can become positive elements in the treatment process. For example, once in treatment, women tend to be more open than men regarding family and personal problems. They also tend to express themselves by *personalizing* their clinic space with items such as family photographs and knickknacks, from which they can draw a sense of security. Men, on the other hand, appear contented with bare walls and empty bedside tables. Women, however, generally have a harder time adapting to the community living of a treatment centre than men, and they do not function as efficiently on teams because of their past training in inter-women competition. They also tend to need more vocational skills and education to support themselves in today's society, as part of their rehabilitation.

All of these problems associated specifically with the woman alcoholic and the society she finds herself in, mean that her treatment and support systems too, must differ in some ways from that of the male alcoholic, if they are to be successful.

Support Systems for the Alcoholic Woman

My 25 years of experience with the often baffling problem of alcoholism have convinced me that, without effective treatment and support systems, it is unlikely any change will occur in the alcoholic woman's lifestyle. The common goal of recovery, which, for the alcoholic woman, includes being able to support herself in satisfying work, at home or in the workplace, that gives her a sense of competence, is approached in different ways by different treatment and support systems. We in the field are often asked which is the *best,* or most effective, treatment for alcoholism. The answer is that there is really no one best treatment; all methods now in use have had some success with some alcoholic women. What works for one woman may not work for another. It is necessary, therefore, to select or combine from among the available support systems, tailoring the treatment to the particular woman's needs.

The support systems most often available throughout Canada include:

- provincial addiction foundations, specializing in Detoxication, Rehabilitation, Recovery and Follow-up;
- some hospitals, general and psychiatric;
- private sanitaria for the care of psychiatric problems, including alcoholism;
- residential treatment centres for women;
- non-residential day and evening programs;
- individual or group counselling and psychotherapy, provided privately or by an institution;
- Women for Sobriety groups;
- Alcoholics Anonymous, women and co-ed groups; and
- feminist counselling.

There are, in addition, a wide variety of therapeutic methods, ranging from behaviour modification to transactional analysis, applied within such support systems.

One of the most promising new support systems I've found in aiding the female alcoholic towards recovery is the feminist counsellor, either alone or as an adjunct to other support systems. Sometimes when the term "feminist counselling" is brought up, people become very threatened; they think it means a heavy-duty "liberated woman" is going to throw her weight around. Nothing could be farther from the truth. I've actually seen co-workers acting as feminist counsellors without even being aware that that's what they were!

With the feminist counsellor, no matter what her theoretical orientation, there is a refreshing absence of mystifying professional jargon or mechanistic technique. The feminist counsellor uses her own life experiences, her sorrows and joys, her traumas and learning experiences, sharing these as sources of support with her alcoholic sister, whom she treats as her equal. A feminist counsellor knows a woman's loneliness in both a personal and political sense. She understands the risks involved in staying in a nuclear family, or leaving and being a single parent; in being on welfare or in a job ghetto. A feminist counsellor knows the isolation of women — one from the other, from husband or male friend.

Feminist counselling recognizes that women are deprived of nurturance. Traditionally, we are the ones who do the nuturing — the entertaining, the nursing, the understanding, the child-care, the worrying. Instead of demanding that the alcoholic woman accept this sex-role stereotype, the feminist counsellor helps her, and sometimes her family, to recognize her own central and essential needs as a person. Women are traditionally taught to submit and conform, not to demand and protest; confidence and assertion must grow in a central way if the alcoholic is to change her lifestyle. So assertiveness training is sometimes used by feminist counsellors to help women recognize and claim their civil and personal rights. The feminist counsellor also knows the newly developing services for women in the community. Instead, for example, of referring her client to Manpower, she may refer her to a women's Career Counselling Service, or a women's centre. These will often be personal referrals to known people in women's centres, consciousness-raising groups, women's studies courses, and similar support sources.

Feminist counselling, with its simplicity, clarity, and personal sharing, acknowledges the alcoholic woman as a woman and a person in her own right. It is often uniquely suitable in addressing the special needs of women alcoholics, and has the advantage of providing access to a wider network of support through the recovery and follow-up phases of treatment. Concerned laypersons in the women's community, who share the feminist counsellor's basic attitude towards the woman alcoholic, can be valuable in reinforcing the treatment process.

Intervention

Now that you've read this article, perhaps the initial impression of the alcoholic woman you jotted down has changed. You know now that she could be someone you see everyday in the course of your personal or professional life — the nice suburban housewife you meet in your district visits, a business associate, a troubled teenage student. Your next question is likely to be, "how can I help?"

You can help, first of all, by learning to **recognize** the signs of a developing drinking problem as presented in part two of this paper. Family members, confronted with the emotional reality of living with the alcoholic woman, often find it difficult to view the situation objectively and recognize or cope with it on their own. A knowledgeable and concerned outsider can often be of great assistance in the early identification of the problem. As educators in many cases, home economists are in a particularly good position to play this role in the intervention process, as well as to increase public awareness of the signs of alcoholism as a disease, rather than a moral problem.

Second, those outside the alcoholic's world should learn to appreciate the immense relief it is to the alcoholic to finally be able to talk to someone in a positive manner, someone who is not blind to her problem and who does understand. If you have developed this **empathy,** founded on knowledge, you may be able to help the alcoholic woman identify her dependency and seek professional assistance of her own volition. Many alcoholics do want to stop drinking, but haunted by fear, remorse and guilt, they wait until they must be involuntarily referred by police or medical authorities. Some people feel uncomfortable in this role; but it is only part of our social responsibility to any person who may have an illness. If one of your students was obviously feverish and looked physically ill, would you hesitate to speak to him or her?

Third, you can become aware of the treatment resources and support systems available in your community. Once you can recognize the signs of a potential drinking problem, and have the willingness to intervene positively, you must know where you can **refer** the alcoholic woman for help. I might also point out that citizen action groups have in many cases played an important role in establishing facilities and programs in their communities, and a number of established support systems invite public participation. Here again, the home economist's special skills may make a particularly useful contribution in the design and management of effective rehabilitation programs for alcoholic women.

Finally, you can realize that unless the alcoholic has a very strong **follow-up** support system for at least one to two years after the rehabilitation process, it is unlikely that the change to a non-alcohol dependent lifestyle will be permanent. Further, most of us working in the field of addictions see alcoholism as a family problem, and usually the family requires just as much assistance and support as the alcoholic herself. Once more, the informal support of the knowledgeable and caring layperson can be invaluable in assisting the alcoholic on the road to recovery.

Recognition, empathy, referral and follow-up support by you as a home economist and concerned woman can do much to arrest the progress of the alcholic woman's illness much earlier than might otherwise occur. Earlier intervention means less damage to the lives of afflicted individuals and to the lives of family members who experience the impact of the illness. It also results in a much greater chance of successful recovery. Only through collective support and effort can we offer the alcoholic woman a way out of her maze of shame and denial. Until there are drastic changes in our cultural and social attitudes towards drinking and the woman alcoholic, those who wish to intervene and initiate an alcoholism recovery program must understand this is a long and difficult process. ●

For further information and research on alcoholism among women by Canadian authors, contact the Canadian Addictions Foundation (Fondation canadienne des Toxicomanies) at: Suite 1100, 251 (ouest) LAURIER (West), OTTAWA, Ontario, Canada K1P 5J6 — (613) 236-4446.

OTHER PAPERS BY WINNIE FRASER:

The Alcoholic Woman (Attitudes and Perspectives)

A Demonstration of How a Cross-Cultural Program Can Be Effective With Dene, Inuit and Others in Yellowknife, N.W.T.

Alcohol Problems Among Northern Native Women

The Emotionally-Injured (Victims of Alcoholic Parents)

STRESS REDUCTION THROUGH REDECISION

Ronna Jevne

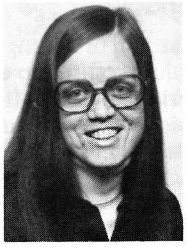
Résumé

Au sein d'une société productrice de tension, l'adoption d'un mode de vie plus efficace n'est pas la seule solution pour réduire l'état de tension. Il est non seulement nécessaire de contrôler les facteurs de tension externes en adoptant un mode de vie plus efficace mais également d'examiner les facteurs de tension internes — les décisions et les règles selon lesquelles nous vivons. Cet article identifie les décisions qui causent le plus souvent l'apparition de tension et suggère la prise de nouvelles décisions.

Resume

In a stress inducing society, becoming more efficient with life is not the only answer to stress reduction. As well as controlling external stress factors by becoming more efficient it is necessary to examine the internal stress factors — the decisions and rules by which we live. This article identifies the commonly held stress-producing decisions and suggests alternative redecisions.

Ronna Jevne is an experienced counsellor, consultant and educator working in therapeutic, management and educational settings. She has a unique background of a B.Ed. in English, an M.A. in Educational Philosophy and a Ph.D. in Counselling Psychology. Presently she lectures in the Educational Psychology Graduate Counselling program at the University of Alberta as well as having a private practice.



In our society there is little doubt there is a trend toward lifestyles which increase stress levels. Statistics indicating the increase of chronic illness and death among men and women from stress-related disorders unquestionably point out that stress is a problem, perhaps a critical problem, which must be addressed. The increased occurrence in women of such diseases as peptic ulcers, heart disease, lung cancer and high blood pressure — long regarded as *exclusively male diseases* suggests that the last few years women's lead in health and possibly in longevity has begun to slip. This trend appears not only in the physical health dimension. "On the mental health front the number of women admitted to public and private psychiatric wards since the beginning of this decade has almost doubled and the same period has seen an alarming rise in the female suicide rate" (Paneli, p. 85). Medical authorities agree the single biggest factor underlying this trend is stress. Numerous solutions are emerging. More people are jogging. Meditation, yoga and other forms of relaxation training are becoming popular. Fitness clubs are getting rich. People are searching for ways to reduce stress and stay well.

The trend to courses designed to assist individuals to cope with stress has developed as a response to the increased stress levels with which most of us live. "Time Management", "Decision-Making", "Life Planning" and other such titles frequent the offerings of available ways to improve your functioning. The attraction of such courses is the implication that "if I do something differently" I can reduce the stress in my life. This approach is only a half truth — only a partial answer to the management of stress and the procurement of life satisfaction. Apparently *self-directed* individuals, excited and challenged by their work continue to *burn-out*. Over time their effectiveness, despite their decision-making and time management skills is undermined by feelings of being overextended, restless, guilty, or resentful. There is a point where being efficient with life is not the answer! To deal with burn-out both external and internal, controls or changes are necessary. Skills are not enough.

Tension originates from two sources — external and internal factors. Those over which we have little control are external factors. The weather, the pace of modern living, the pressures of industrial society are for the most part factors to be *coped with* or *reacted to.* Internal factors are those over which we can take control. They include perceptions we have about ourselves and others, and the decisions we have made about these perceptions. Relief from both sources of tension requires application of two stress reduction approaches.

"Skills" Approach

The *skills* approach to stress management is effective with external stress factors. We can become more effective by communicating better, organizing more efficiently, estimating more accurately, and so forth. The list of positive additions to your skills is probably endless. There is a point, however, when organization and efficiency actually produce stress. Perhaps you have increased your skills to a point where you can handle twice the work load you did two years ago — but have you really reduced your stress level? Unless the increase in efficiency is concurrent with decisions that minimize stress level, what you have actually accomplished is to invite twice the responsibility.

"Decision" Approach

A *decision* approach is effective with internal stress factors. Whether or not we wish to acknowledge it, each of us make numerous decisions each day. Many of our present choices are based on decisions we made years ago — decisions about who I am, how I could get love and affection, and what I was supposed to do with life. Some of those decisions are limiting and stress producing. Redeciding, making new decisions about who I am, how I can meet my needs and how to approach life frees us to act on life rather than react to life.

The decisions which form the framework of our lives influence the kinds of questions we ask ourselves. When problem solving, for example, if an early decision was to "try to please everyone", we restrict our problem solving to *how* to please others rather than *whether to* or *who to*. Similarly if we decided "achievement yields approval", we restrict our questioning to *how to achieve* rather than "Why is approval so important to me?" or "Whose approval will be important to me?"

The focus of this article is to explore the *decision* approach. Two phases are implied: a) becoming conscious of and understanding the decisions on which we are now operating, and b) confirming, rejecting or altering decisions which guide our lives.

Background to Decisions

The decisions referred to are made at an early age and form the initial foundation of our approach to life. Sometimes they are in response to a specific event. For example, the trauma of the loss of a parent could result in the decision "It's better not to get close to people. It hurts too much if they go away". Repeating a school grade might trigger a decision "I'm stupid" or "I'm not as good as others." Other decisions are made on the basis of what appears to the child to be repeated messages from his environment. If rarely cuddled, a child might conclude "I'm not loveable". If they constantly feel no one listens to them, the conclusion might be "I'm not important".

It is important to remember that these decisions are made when a child's ability to make accurate interpretations of the world is essentially undeveloped. As a child we interpret the words and behavior of the *big* people in our world from our limited frame of reference. It is often difficult to recall the decisions we made. Perhaps we have never verbalized them. They were simply conclusions on which we began to operate. However, we can trace what the decisions likely were if we think about what we heard and observed as a child. The messages we used as the basis of decisions about ourselves and others came from grownups that were important to us when we were little. These messages take the form of expectations, limitations, approval, disapproval and instruction about what is appropriate behavior. From these messages we get our first hints about how we are supposed to live as adults. Many messages resulted in decisions which do not produce stress. This article deals only with those which are tension producing. The influential messages instructed us in both what we should and should not do and although each of us have unique interpretations, a number of common do's and don'ts that create stress have been identified.

Do's

The messages from which we decided what we should do or be can be subsumed under six general messages which on the surface appear to be healthy. When accepted wholeheartedly and operated on without question, they become unhealthy messages which seem to drive us.

Little people are often a step behind while judgemental eyes watch; they hear "run upstairs and fetch . . ." or "I could do it faster myself"; they may observe everyone appears to be in a rush most of the time. In later life persons driven by **"Hurry Up"** can never relax, feel pressured for time, experience being hurried and overextended, feeling "There is never enough time." Their basic approach to stress reduction is to get themselves and others to go faster.

Feeding oneself, learning to tie shoe laces, mastering the skill of bicycle riding, all take repeated effort, and success often results from consistent encouragement to try. If encouraged before developmentally ready for tasks, the child will be unsuccessful but continues the attempts because *trying* receives considerable recognition. Given a strong internalized message to **"Try Hard"**, we are susceptible to expending enormous efforts on tasks which may not need to be done, or for which we may not have the resources or the natural inclination, because we feel quitting is unacceptable — after all we did eventually learn to tie our shoe laces! Stress management tactics for this person include working longer hours and never giving up.

Pleasing others starts with gaining the family's full attention when we exhibit our first smile. Very early we discover that certain behaviors gain more approval than others. Which behaviors are rewarded varies with the family, perhaps even the child. Being especially helpful or compliant is a common response to the message **"Please Others"**. The pattern is easily recognizable in later life. These persons experience anxiety and tension whenever they anticipate or experience being unable to please, unable to gain approval.

"Be Strong" is a powerful message inhibiting the expression of feelings. The individual decides he/she must be stoic, bottling up any intense emotion. The message is experienced most often by boys — "Boys don't cry", "Don't be a sissy". Women are by no means immune to the pressure to "Be Strong". Particularly in the professional world emotionalism is unwelcome from either men or women. The price for being strong can be counted in heart attacks and stress related diseases.

Perfectionists are their own worst enemy. Having adopted the message **"Be Perfect"**, they experience stress if they are unable to do something extremely well. Given the pace, the pressures, the standards of the working world they are under stress almost constantly. They are bothered by producing imperfect results that don't meet their internal standards. Making mistakes is hard! If things are going extremely well, they are often resistant to change — they do not want their perfect situation disturbed. They often also produce stress in others with their demands to "Be Perfect".

Being constantly warned as a child to be **"Be Careful"** results in an adult with a low risk level who is inhibited by fear of all the possible difficulties. Cautiousness may extend beyond the physical realm into the personal and professional areas of life. Spontaneity and adventure are curtailed while potential dangers are assessed. For the sake of feeling secure, these people forego opportunities that could be exciting. Their stress level remains high though since basically they are afraid of life and tension revolves around keeping their world secure.

Don'ts

The messages which coveyed to us what behavior was not appropriate came in the form of **"Don't". "Don't Be"** is a message which has serious implications for survival. It could be given in jest by a parent saying "You were a mistake" or more dramatically by childbeating. The parent who conveys "If it weren't for you I could have . . ." is suggesting that it might have been better if you had not been born. It is important to remember the message is being processed through the undeveloped mind of a young child. Parents may or may not have intended the child to imply such a conclusion. Persons with strong messages not to exist may have a great need to justify their existence. Many people attempt to do so through work. However, working oneself to death is simply an acceptable way to follow the directive "Don't be".

"Don't Be You" implied whenever something about us is rejected has a wide range of variations. "Be like . . ." is a common directive many of us experience. In response we restrict ourselves and attempt to become what is seemingly more acceptable. The more we do so the higher our stress level.

"Don't Be A Child" is most commonly experienced by the eldest who is expected to develop responsible behavior at an early age. The long term consequence of following such a directive is the inability to enjoy, to play, to spontaneously respond to people and events.

"Don't Grow Up" is a conclusion reached by children who experience their parent's preference for them to remain dependent. "Don't make your own decisions", "Don't trust your own judgement", "Don't be sexual", are all versions of the messages which imply the safety and nurturing of childhood are preferable to the realities of adult life. Later in life these people constantly seek the advice of others in order to avoid responsibility for their own actions.

"Don't Make It" appears to be a message that successful people would not have received. Excessive need to achieve, however, can be an overreaction to the message. The *fear of success* reported by some women may be a realization that competency and success may jeopardize other valued recognition. The idea of *making* it for a woman implies violation of other strongly endorsed messages such as "Don't be aggressive", "The business world is a man's world", and "Women belong at home".

"Don't Be Important", implied by the many experiences a child encounters when asked to be secondary, usually to grownups, results in an unwillingness to declare our importance as adults. It happens often and unwittingly. Children are seated at a lower table with plastic dishes while grownups eat from china at a dining room table. The recent *cup-of-soup* advertisement is a grownup version of the deferring pattern the message develops. Mother, having made a cup of soup proceeds to give up her cup no less than three times to different members of her family. Behavior which implies other's needs are constantly more important than my needs is the cue to having adopted this message.

"Don't Have Needs", a common conclusion when, as small children, our needs go unmet or when getting our needs met appear to have caused considerable upset or resentment, is experienced later in life as denial of the existence of our needs or reluctance to ask for what we need. Tired? How easy is it for you to ask for help — at home or at the office? Declaring yourself as *very independent* may be a way of saying "I find it hard to ask". If you have accepted the message that "to need is to be weak", this decision becomes entrenched even further.

"Don't Be Well" strangely enough occurs in response to excessive caring during childhood illness. Receiving high quality caring and support not experienced during health can precipitate a desire to prolong or repeat the experience and subsequently a decision not to be well. The decision can also be made when illness is the only acceptable alternative to overworking.

"Don't Belong" has many variations depending on early experiences. This message is usually accompanied by a rationale that seems plausible — "We'll be moving soon", "People might expect something in return", or "They aren't like us." The message, if adopted as a decision, results in a *loner approach* to life.

"Don't Be Close", "Don't Trust", "Don't Love" can be a way to avoid repetition of pain experienced in the loss of a loved one. The lack of expressed love and affection in the home can also suggest to the child "That's just the way it is". Not being able to relate intimately or affectionately to other individuals is the plague of a society that keeps us busy and impersonal — that encourages us to value things and accomplishments more than people. Tied directly to this are messages related to feeling and thinking.

"Don't Feel", "Don't Trust Your Feelings", "Don't Express Your Feelings" are at the root of many interpersonal problems. Somehow people have decided that certain feelings or expression of certain feelings are not okay. Anger, jealousy, fear are often considered less acceptable than love and joy. Young children are often punished for outbursts of anger, teased for being afraid, or laughed at for puppy love. Unfortunately it is rarely pointed out that *not* feelings and *not* expressing feelings have potential for damaging relationships. It is a myth to believe that healthy relationships are built only on the expression of positive feelings.

"Don't Think" can seriously inhibit our problem-solving capacity. Usually this message is restricted to particular areas of life — "Don't think about . . . (your feelings, sex, where you are going in life, how happy you are)". If we decide to avoid thinking about our lives we can sustain the

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status quo far longer. Many times however, the result is we increase our stress level and limit our options by postponing addressing certain concerns in our life.

New Decisions

Each unhealthy message can be exchanged for a new decision which if acted on repeatedly will displace the stress of the one held previous. Experiment: Review the early decisions discussed in the paper. Read the alternative decisions or new permissions. Consider which ones you feel a need for in your life. Begin to consider the redecisions you will make.

Early Decisions	**New Decisions**
Hurry up	It's okay to take your time
Try hard	It's okay to give up sometimes
Please others	It's okay to please yourself instead of others
Be strong	It's okay to be weak at times
Be perfect	It's okay to do things imperfectly at times
Be careful	It's okay to take risks
Don't be	I have a right to be here
Don't be you	It's okay for me to be myself
Don't be a child	It's okay to be childlike
Don't grow up	It's okay to grow up and take responsibility for myself
Don't make it	It's okay to be successful
Don't be important	It's okay to be important
Don't have needs	It's okay to have needs
Don't be well	It's okay to be well
Don't belong	It's okay to belong
Don't get close	It's okay to be close
Don't trust	It's okay to trust people
Don't love	It's okay to love
Don't feel	It's okay to feel
Don't express feelings	It's okay to express feelings
Don't think	It's okay to think

It's exciting to be human! Being human implies the ability to change. I'm no longer a small child dependent on big people for recognition and structure in my life. I can reassess those early decisions which underly the stress I experience. By confronting the foundation decisions which guide my actions, I can truly take charge of my life. Instead of going faster and trying harder in order to meet my needs, I am selecting new decisions on which to base my life. Initially these feel foreign. Initially it is difficult to take the risk of operating differently. Changing at this level often feels radical. After having reached peak efficiency with my life and still experiencing stress, perhaps a radical change is necessary. Well known expert on stress, Hans Selye (1976), says "too many people suffer all their lives because they are too conservative to risk a radical change" (p. 452). ●

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Poster Session

CHEA Conference
July 6 - 9, 1981
Toronto

CHEA Conference '81 Committee is planning a poster session at the Toronto Conference this summer. The objective is to promote students' projects and the development of teaching materials. As a participant, you will be given an opportunity to display your work for one hour. Colleagues will be informed of it and could expect to find you at your assigned space. A special invitation is extended to students to display some of their **class projects** and to anyone developing **teaching materials** who may wish to share them with colleagues. If you are interested in presenting a poster session, please contact: *A. Kernaleguen, Faculty of Home Economics, University of Alberta, Edmonton, Alberta T6G 2M8.*

Séance de posters

Conférence CHEA
de Toronto
6 - 9 juillet 1981

Le comité de la conférence CHEA '81 projette une séance de posters à la conférence de Toronto cet été. L'objectif recherché est de promouvoir les projets d'étude des étudiants et le développement des matériaux d'instruction. Si vous souhaitez y participer, vous pourrez exposer votre travail pendant une heure. Vos collègues en seront informés et vous trouveront à la place qui vous aura été désignée. Une invitation spéciale s'adresse aux étudiants qui souhaitent exposer quelques-uns de leurs **project de cours** et à tous ceux qui développent des **matériaux d'instruction** et qui désirent en faire part à leurs collègues. Si vous êtes intéressée par la présentation d'une séance de posters, veuillez vous mettre en rapport: *A. Kernaleguen, Faculté d'Economie Familiale, Université d'Alberta, Edmonton, Alberta T6G 2M8.*

Undergraduate Students

A special membership fee of $8.50 for the period January 1 to April 30 is available. Use the CHEA membership application found in this issue of the Journal to apply.

AN OVERVIEW
Wife Battering in Canada: A Vicious Circle*

Ruth Whaley

Sociologist Linda MacLeod in her research report, *Wife Battering in Canada: A Vicious Circle,* asserts that every year one of ten women living common-law or married is beaten by her male partner. The Canadian Advisory Council on the Status of Women asked MacLeod to prepare the report because there has been so little research done on this aspect of Canadian family life.

MacLeod gathered information from agencies and groups who where working with battered women. She obtained much of the data by in-depth telephone interviews with representatives from all transition houses in Canada. Case histories of battered wives also provided information.

The statistics in this report refer to the battered women who were admitted to Canadian transition houses in 1978. Consequently, the findings of this study are not necessarily valid for all battered women in Canada.

MacLeod's comments on beliefs regarding the causes of wife battering are the opinions of battered women and the researchers who have interviewed them.

Causes of Wife Beating

- Alcohol is involved in almost all cases of wife abuse. MacLeod suggests alcohol may facilitate violence but does not cause it.
- Wife batterers are psychopaths. Evidence indicates that "violence is a socially-learned maleness — not a biologically determined maleness that precipitates violence". (p. 23).
- The wife was to blame.

MacLeod asserts that "First hand accounts put the credibility — which sees violence as the natural culmination of intolerance patterns of interaction in serious question". (p. 24).

Wife Battering Facts

- Beatings often do become homicides.
- Beatings occur at times and in places where there is no help for the victim.
- Beatings often occur during pregnancy.
- Violence is passed on from one generation to another. Frequently, "the battered woman and the battering man have witnessed violence as children. Consequently, the child is socialized to accept violence as part of family life". (p. 24).
- Status Imbalance. Wife battering is caused by women's liberation and by a woman having a higher education or better job than her husband.

  MacLeod counters "this theory is based on the model of the family which condones and supports inequality". (p. 25).
- Alienation and the inability to communicate.

  MacLeod says "This becomes a classic example of treating the symptoms rather than the disease and mistaking the symptoms for the cause". (p. 26).
- Wife battering is apt to be common when unemployment, poverty and low-level routine jobs put more stress on the male.

An Historical View

The roots of wife battering are nourished by: the acceptance of the husband's total authority in the family, the belief that the wife's proper place is to obey and serve her husband . . . the resulting immunity of the family to the rules and laws which apply to the wider society. (p. 28).

MacLeod contends wife battering is not a personal dilemma but "an institutionalized accepted means of control". (p. 29).

The difficulty is that today's family structure is changing. Many of the institutions affecting the family such as law, medicine, economics and religion have not kept pace.

Why Do They Stay?

Women who return to their husbands cite these reasons:

- She feels isolated economically because she has no money of her own to support herself and her family.
- She feels isolated psychologically because she feels guilty and considers herself a failure as a wife and mother.
- She feels isolated socially.
- She returns for the "sake of the children".

What Do Battered Women Want?

- Twenty-four hour crisis centres with comprehensive financial, legal and medical assistance. Child care, recreational services and counselling for both the batterer and the battered should be available. Follow-up support systems aid the woman in building self-confidence and breaking down their feeling of isolation.
- Legal Reform. MacLeod lists changes to attack present inconsistencies in legal procedures that produce unsatisfactory policies.

(Continued on page 20)

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* *Wife Battering in Canada: A Vicious Circle.* Linda MacLeod assisted by Andrée Cadieux, 1980, is available in both French and English in bookstores or by mail from: Canadian Government Publishing Centre, Supplies and Services Canada, Hull, Quebec, Canada K1A 0S9. Price - $2.95.

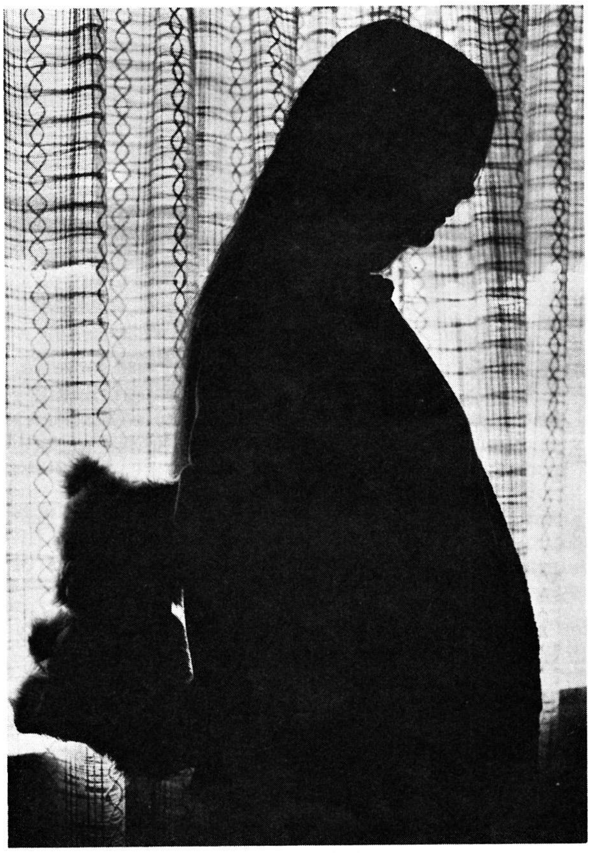
Photo Courtesy the Edmonton Journal

Recognizing the Teen-ager Who Needs To Be Pregnant:

A Clinical Perspective*

Harvey A. Rosenstock, M.D.

Résumé

Cas de l'adolescente qui éprouve le besoin d'une grossesse: Perspective clinique.

Cet article se base sur l'expérience clinique des trois dernières années, à laquelle ont été soumises 600 adolescentes au Centre d'Adolescentes de l'Hôpital International de Houston, pour procéder à l'examen du problème de la grossesse en termes de prévention au premier, second et troisième degré. La majorité des patientes se composait de blanches issues de la bourgeoisie, âgées de 12 à 17 ans. Les principaux symptômes cliniques caractérisant les patientes qui représentaient un éventuel risque furent l'expérience de l'échec, les agressions réprimées, le droit de s'affirmer en tant qu'adultes, la complicité des parents, l'assurance d'un époux, le manque d'amour, le besoin créé de toute pièce de l'acceptation des parents, et la pseudo-connaissance. La prévention au second degré est décrite en termes de groupes de parents pour les parents des jeunes parents, pratique de la psychothérapie de groupe par des individus du même groupe d'âge, et groupes de parents chargés de la question des "substituts de grossesse". La prévention au troisième degré est décrite en termes de psychothérapie groupe par des individus du même âge durant la phase post-avortement, utilisation de ces groupes et des groupes de parents dans le but d'éviter d'autres grossesses, et la psychothérapie par des groupes de jeunes et de parents en tant que source d'information contraceptive. Chaque catégorie est illustrée par une série de vignettes. En suivant de près les patientes durant une période de six mois après l'hospitalisation, on arrive à prouver l'efficacité des méthodes d'intervention décrites.

WHEN ONE REALIZES that over half of the nation's older teen-agers are sexually active, it becomes abundantly clear that not nearly enough emphasis is being placed on dealing with the subject of teen-age pregnancy. According to the best estimates, as reported in the *Journal of the American Medical Association,* (Minors . . . , 1978) there are 630,000 sexually active teen-age girls below the age of 15 and 4 million sexually active girls between the ages of 15 and 19. There are also 7 million sexually active young men between the ages of 15 and 19 in the United States. In fact, according to Secretary of Health, Education, and Welfare, Joseph Califano, one out of ten teen-age girls, or 1 million a year, become pregnant, and 2 million so-called sexually active female adolescents receive no contraceptive services whatsoever.

Thus, the universality of teen-age pregnancy suggests that if antecedents amendable to primary prevention could be identified, physician intervention could be particularly efficacious. This paper will examine factors seemingly shared by teen-agers at risk for pregnancy. Clinical histories of 800 patients seen during a four-year period at the Adolescent Center of Houston International Hospital revealed eight psychodynamic factors which seem to describe most of the at-risk middle-class patients seen. Those antecedents amendable to primary prevention follow.

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*Presented at the Fifth International Symposium on Sex Education. Tel Aviv, Israel, June 1979.

From "Recognizing the teen-ager who needs to be pregnant: A clinical approach" by H.A. Rosenstock, M.D., *Southern Medical Journal,* 1980, 73(2), 134-136. © 1980 by the Southern Medical Association. Reprinted by permission.

- *Failure Experience.* Beware especially of the young teen-ager who has a history of repeated failures both in interpersonal relationships and in school. She is the one who often concludes "The only thing I can do right is have a baby." Predictably, she will bring up the subject and adamantly state to her parents and close friends that she is strictly against abortion and that were she ever to get pregnant, "I would die before I would kill my baby."

- *Stymied Aggression.* This is the adolescent whose overt expression of aggression is almost forbidden because of pathologic family dynamics. In families where there is a heavy emphasis on morality, there is reason for greater concern. Adolescents in this category have every intention of literally "dumping" the child on their parents, thereby assuaging their own pain.

- *Rights of Passage Proclamation.* This is typically the teen-ager, male or female, who feels sexually insecure and inadequate and who, fearing that this knowledge may be perceived by peers, wants to advertise his or her sexual maturity.

Consider the implications of the following clinical vignette: One teen-ager, after discovering he had just fathered a child and while considerations were under way for abortion, boasted to his peers without apology, "At least *I* had a good time."

- *Parental Complicity.* Here the teenage boy and girl are in fact acting out the covert mandate of the parents who themselves most likely have a history of sexual conflict.

Clinical Vignette: (A) Consider the parents who entertained the daughter's boyfriend at their house for four or five days at a time with an admonition "not to smooch" and who literally walked around with a whistle which they blew when they felt the signals for intimacy were too strong. A pregnancy ensued. (B) A couple deposited their daughter at the home of a teen-age boy on their way to a New Year's Eve party with the parting message "Let's start the New Year right, and don't do anything I wouldn't do." Shortly thereafter both teen-agers complied by having their first sexual experience.

- *The Guaranteed Spouse.* Typically, this teen-ager has little dating experience and wants to force marriage, fearing that "there won't be anybody else." As one 16-year-old couple confided, "We want to coax our parents for marriage."

Clinical Vignette (variant): A girl agonized over her boyfriend's refusal to marry her. She also knew her parents would not approve the marriage. Ultimately she decided that by having a child she would "forever have an extension of him (the boyfriend)." She added, "At least I'll have something."

Abstract

Based on three years' clinical experience with 600 inpatient adolescents at the Adolescent Center of Houston International Hospital, Houston, Texas, this article reviews the pregnancy issue in terms of primary, secondary, and tertiary prevention. The majority of the patients were white middle-class girls ranging in age from 12 to 17. The clinical symptoms which especially identified at-risk patients were (1) failure experiences, (2) stymied aggression, (3) rights of passage proclamation, (4) parental complicity, (5) the guaranteed spouse, (6) perceived love deprivation, (7) contrived need for parental acceptance, and (8) pseudoknowledge. Secondary prevention is described in terms of (1) parents' group for the parents of the young parents, (2) use of peer group psychotherapy, and (3) parents' groups as a means for dealing with "pregnancy substitutes." Tertiary prevention is depicted in terms of (1) peer group psychotherapy in the postabortion phase, (2) use of peer groups and parents' groups to avoid further pregnancies, and (3) peer/parents' group psychotherapy as a source of contraceptive information. Illustrative vignettes are included for each category. Follow-up at six months after hospitalization has supported the effectiveness of the methods of intervention described.

- *Perceived Love Deprivation.* Affect hunger allows this adolescent to feel chronically deprived of love by family. This teen-ager longs for her own child "because he is supposed to love *me*." The adolescent girls who present with this paradigm do so initially with seemingly unshakable determinism, having "checked it out" with their most valued peer confidants.

- *Contrived Need for Parental Acceptance.* Many teen-agers who have fragmented families in which both parents have remarried often feel they are unaccepted for their lack of being parents.

Clinical Vignette: A 13-year-old, physically mature girl became rather promiscuous once her parents remarried, in hopes of becoming pregnant herself. In her mind, this would qualify her as an adult and facilitate a reconciliation with both parents. From her viewpoint the way to truly have a dialogue with parents is to first be an equal member of the Parent's Club.

- *The Pseudoknowledgeable.* Encompassed here is a whole group of teenagers who seek highly differentiated generational status. They are unknowingly either misinformed or insufficiently informed about contraception. Some of these adolescents remind one of the old Aramaic proverb: "He who knows not and knows not he knows not." This categorical ignorance may be camouflaged by rigorous involvements with controversial movements. Included in this category are teenagers who become inadvertently pregnant out of carelessness and who attempt to assuage their guilt by waving the banner of the liberated woman, exclaiming: "Nowadays single adults can raise children in our society."

The exact census of this category is difficult to estimate but the possibilities are alarming. After studying 4,392 girls in one study (1971) and 2,193 girls in another study (1976) Johns Hopkins sociologists Zelnik and Kantner concluded that only one in seven teen-agers had attempted contraception and that 80% of out-of-wedlock pregnancies were unintentional.[1] Also among the pseudoknowledgeable are teen-agers who are victims of what Carol Keller, RN, a certified nurse-midwife at New York Hospital-Cornell Medical Center calls "young wives' tales," which range from "I thought you had to be 17 to get pregnant" to "I won't get pregnant if I have intercourse standing up."

Clinical Innovations For Secondary Prevention

Some technics found clinically useful for secondary prevention follow.

- *Parents' Group for the Parents of the Young Parents.* This is proving to be a very useful technic for mustering support for the involved teen-agers. Simultaneously, this allows the parents to deal with their own emotional responses "to the predicament they put us in." In particular situations this has been highly touted by the teen-agers.

- *The Use of Peer Group Psychotherapy.* This technic is useful for both the male and female teen-ager as a means for dealing with anger and guilt. A variation on this theme allows the group to serve as a recipient of the displaced anger and guilt without the expected working through (see "Tertiary Prevention").

- *Parents' Groups as a Means for Dealing With "Pregnancy Substitutes."* In this situation, the teen-ager literally replaces himself. A teen-age girl, for example, may invite her parents to "adopt" a teen-age peer with the understanding that the peer comes to live in the household and share the same benefits as a full-fledged member of the family. This paradigm is often, in my experience, the camouflage for latent depression in teen-agers. In one instance where this substitution actually occured, a contemplated suicide was averted only after intense consultation with the parents in a parents' group and after special inpatient work with the adolescent daughter. Treatment here clearly has to focus on total family dynamics.

Tertiary Prevention — Special Technics

The following tertiary prevention technics have proved to be efficacious.

- *Peer Group Psychotherapy in the Post-abortion Phase.* While most teen-agers are able to work through to some degree the problems that led up to the pregnancy and the feelings that were associated with reaching a decision as to whether to have the baby, in some instances the teen-ager actually uses the peers in her group therapy as recipients for her projected anger and guilt without any intention of really working through her problems. This was an unexpected finding. In such instances, what typically occurs is the teen-ager either returns to her same school or matriculates in a different school and remains comfortable as long as she avoids contact with her previous peers "whom you can't trust anyway."

Clinical Vignette: After an abortion, a teen-ager who had dropped completely out of group therapy returned to school on a regular basis and seemed to be in more uplifted spirits than she had been before becoming pregnant. However, she expressed at every opportunity the greatest antipathy for all of her former friends "who spread it around." In this same instance, the patient's mother, who had become a member of a parents' group, simultaneously dropped out of the parents' group and actively avoided its previous members, with whom she had been close. It is unclear whether the mother or the daughter was the primary model for the other, but it is clear that members of the peer and parents' group became phobic objects of intense avoidance.

- *Use of Peer Groups and Parent Groups to Avoid Further Pregnancies.* Avoiding pregnancies is particulary germane when we realize that not only will 600,000 teen-agers decide this year to have a child, but that almost one half (according to Secretary Califano) will be pregnant again within one year and 80% within two years. Presumably then, 20% of the 600,000 teen-agers who give birth yearly do so with intent, that is, with deliberate disinterest in contraceptive methods. Peer group and parent group technics have been particularly useful in serving as media for exploring and ultimately neutralizing anger, especially from teen-ager toward parents. Clinically, the concept that a teen-ager may deprive her child of opportunities for growth has been especially successfully received in peer group therapy. One can avoid the confrontation that "no one can tell me whether or not to have an abortion" by appealing to the potential mother's own feelings of pain, loneliness, and affect deprivation.

- *Peer/Parent Group Psychotherapy as Source of Contraceptive Information.* It appears that many pregnancies do take place because teen-agers have either inaccurate or inadequate contraceptive information. Once the patient has gone through an abortion, in some families it appears she has "earned the right to know." In this phase of treatment, thorough discussions are held with both parents and the teen-ager separately and conjointly. In my experience this treatment, well received by both parents and teen-agers, has often served as a springboard for developing much closer familial ties and in so doing has averted many unwanted pregnancies.

In summary, it is important to recall that a significant number of at-risk adolescents can be identified before they become pregnant, with all the well known attendant medical, social, and psychologic risks for the young mother and neonate, among others. The family physician who by tradition has enviable rapport with families over the years is perhaps best able to diagnose the clinical harbingers for potential pregnancy. ●

Reference

[1]Minors present major pregnancy problems (Medical News). *JAMA* 239: 1477-1478, 1978.

Wife Battering

(Continued from page 17)

- Long range prevention depends on education.
  - — education to increase the public's awareness of wife beating (p. 65).
  - — education for battered women so they learn their rights and the alternatives available to them.
  - — education for women so they can become economically independent.
  - — training of professionals so they become sensitive to the emotions and experiences of battered women.
  - — short and long-term research studies on wife battering.

Conclusion

Wife battering is a health problem, a legal problem, an economic problem and an education problem. Children raised in homes where women are victims of battering learn that violence is acceptable.

Wife beating will continue to be a vicious circle until "New rules, procedures, and family roles are [established] which do not encourage wanted homes to become battlefields . . . The object of attack instead must be the rules, traditions and policies of institutions which support a particular form of the family based on women's unquestioned inequality . . . Men and women [must have] the real choice to live in families without violence". (p. 67). ●

Ruth Whaley holds a B.H.Ec. degree, University of Alberta, and M.Ed. degree Colorado State University. Her career has included several years as a home economics teacher and many years experience as a home economist with the Alberta Department of Agriculture. Now retired and living in Edmonton, she is involved in volunteer activities. Currently, she is Chairman, Information Committee for WIN House — Edmonton's shelter for battered mothers and children. She is also a Member of the Edmonton Women's Shelter Board, which operates WIN House.

Should children have legal rights?

Marion Lane

Les avocats devraient-ils agir en tant que tuteurs des enfants ou s'informer auprès d'eux de ce qu'ils veulent et faire valoir leurs désirs au tribunal, se demande Marion Lane, du groupe "Justice for Children", organisme d'intérêt public qui défend les droits des enfants sur le plan légal.

The law affecting children may be on the threshold of radical change. Fundamental new principles about the place of children in law, and about how laws should serve the needs of children, are gaining greater currency. The paternalism of the past is gradually giving way to a recognition that children are indeed "persons," with individual interests which may differ from those articulated by adults on their behalf.

At the same time, there is a growing awareness that the protective agencies established to "save the children" (particularly, the child welfare, juvenile justice and compulsory education systems), do not necessarily respond to their needs.

It is easy, however, to pay lip service to a new legal personality for the child or to more accountability from the system. Converting these principles into effective legal rights requires more effort. A few examples of current issues will illustrate the formidable work which lies ahead.

The recognition that children have the capacity — and the development need — to participate in decision-making affecting their own lives, underlies the move towards lawyers for children.

Increasingly, legislators are granting to children the right to independent legal representation in child welfare and divorce/custody proceedings. Unfortunately, the statutes seldom specify what role that legal representative is to play.

Should the lawyer act as a guardian, presenting to the court what he or she determines to be in the best interests of the child? Or should the lawyer take instructions from the child and advocate those wishes in court, as he or she would for any other client?

The former position merely replicates the traditional relationship between infant and guardian which has existed in many court matters since the 19th century. The latter is a recognition that children can have the capacity to give instructions, and that their wishes — however inappropriate they appear to the adult — are relevant data which should be put with vigor before the court. To the extent that lawyers retain a discretion to adopt whichever role they wish, any new right to representation for children may be a misnomer.

A child graduates from school to discover he is reading at a sixth-grade level. Another suffering from a learning disability because of an undiagnosed physical ailment, is labelled an "emotional problem," shunted from one special education program to another and, ultimately, excluded from school. A third participates in an English as a second language program for two years, then scores poorly on an I.Q. test, and is streamed into an "opportunity" class.

In each of these situations, children and parents find that the duty to attend school does not impose on school boards a corresponding duty to provide an appropriate education. The effort to secure schooling suitable to the needs of their children makes some parents lobbyists for political and legislative reform. Others increasingly turn to lawyers to fashion new rights for their children from whatever remedies are available.

A native child, taken into care by a children's aid society because of her parent's alcoholism, is placed in a white, middle-class foster home and ultimately put up for adoption. An adolescent girl rebelling against parental expectations is considered "unmanageable" and "voluntarily" committed by her parents to a children's mental health facility. Another young woman seeks counselling from her school social worker or birth control information from her family doctor, but is effectively denied services because parental consent is required.

Each of these cases cries out for greater consideration of the rights of the child. Too often it is easier to take a child into care, than to explore alternatives that would keep the child within her own extended family or community. Should children have a right to refuse treatment or, at least, to have their commitment to a mental health facility reviewed by a disinterested party? When should parental rights give way to the right of young people to secure medical and counselling services on their own?

These questions are typical of the host of issues now confronting lawyers and others concerned with the legal rights of children. Why are legal rights important? Because legal representation, an appropriate education and appropriate care cannot be guaranteed when they are ill-defined, considered privileges, or left to the discretion of officials. If these objectives are to be effective rights, they must be established as duties which can be enforced in the courts.

At present, personal biases, institutional interests, and political priorities all stand in the way of what amounts to a fundamental revolution in the position of children under the law. Clearly, the effort to secure greater legal rights for children has only just begun. ●

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CHEA Call for Nominations

Honor Award

- The Honor Award shall be awarded from time to time to members of the Canadian Home Economics Association who have made or who are making a distinct contribution to the Association and/or to the profession of home economics.
- The award shall be granted for distinction associated with outstanding effort toward furthering the stated aims and goals of the Association and/or with outstanding accomplishment in any field of home economics, in each case recognizing integrity, scholarship, breadth of knowledge, experience, leadership, and service to the community.
- The candidates shall be those who have had at least 10 years as active members of the Association. There shall be no limitation as to age. The award is intended to be a stimulus to professionally active people.
- Nomination of a candidate shall be made to the Chairman of the Awards Committee by 6 members in good standing, at least one of whom must be a member of the Board of Directors of CHEA. Application forms for documentation of the nominee for this honor are available from the General Secretary of CHEA at the National Office in Ottawa.
- Nominations must be sent to the Chairman of the Awards Committee **before February 15** of the year in which the award is to be considered.
- One nomination may be selected by the Awards Committee in each year from among the candidates nominated and submitted to the Executive for perusal and to the Board of Directors for final approval. If in the opinion of the Awards Committee the work of the candidates nominated does not warrant the award, an award may be omitted in a given year.

Honorary Member

- Honorary membership shall be awarded from time to time to distinguished individuals who have attained eminence through their contributions to the profession of home economics, but who do not qualify as home economists.
- Nomination of a candidate for this honor should be someone who is a member of an allied professional or technical group who has contributed to the furthering of the stated aims of the profession, *or* who by reason of his/her own professional activities has come to be associated with the profession in a manner which has been mutually beneficial and rewarding.
- Nomination of a candidate shall be made to the Chairman of the Awards Committee by any six members in good standing. Application forms for documentation of the nominee for this honor are available from the General Secretary of CHEA at the National Office in Ottawa.
- Nominations must be sent to the Chairman of the Awards Committee **before February 15** of the year in which the award is to be considered.
- One nomination may be selected by the Awards Committee in each year from among the candidates nominated and submitted to the Executive for perusal and to the Board of Directors for final approval. If, in the opinion of the Awards Committee, the work of the candidates nominated does not warrant the award, an award may be omitted in a given year. At no time should there be more than three Honorary Members of the Association.

Nominations are being received *now for 1981. Forms are available from CHEA, Ste. 203, 151 Slater Street, Ottawa, Canada K1P 5H3.*

Membership Incentive Awards

Starting in 1979 and continuing annually, a membership incentive award has been offered by CHEA to the student showing the most professional potential in each School, College or Faculty of Home Economics in Canada. The award is in the form of one year's membership in CHEA. The winners are named by the Deans or Directors of Home Economics.

The following students were recipients of this award for 1979-80.

Kathleen Beaumont, University of British Columbia
Arlene Fryett, University of Alberta
Bernadene Van Meter and **Catherine McWatters**, University of Saskatchewan
Edie Menzies, University of Manitoba
Laurie Lynn Weller and **Lynn Allardyce**, Brescia College/UWO
Monica Zub, Windsor University
Nelly van Berlo, Ryerson Polytechnical Institute
Hazel Phillipps, McGill University
Karen Ann Rickard, University of New Brunswick
Donna Kim Buchanan, Acadian University
Lisette Deschênes, Université de Moncton
Pauline Wisdom and **Donna Wheten**, Mount St. Vincent
Anne Marie McHugh, St. Francis Xavier
Kathy Downe, University of Prince Edward Island

When two award winners were named in one university, the second award was made by the Faculty. There were no Incentive Award winners named from the University of Montreal, Laval University or the University of Guelph. ●

Sources of Home-Canning Information:

Their Use and Relationship to Canning Practices and Spoilage Experienced

E.R. Loewen,
M.R. McDaniel,
R. Diamant,
D.H. Berg

Abstract

A survey of home canners in Manitoba provided an opportunity to investigate primary sources of home-canning information. Younger and less educated respondents followed the advice of relatives and friends, while older and more educated respondents relied heavily on books, cookbooks and magazines. These sources of information were associated with the use of incorrect canning methods and the spoilage of home-canned products. Government publications, home economists, and literature provided by manufacturers of canning supplies were named as most-used sources of information by only 14% of the respondents, but these few were most likely to follow recommended canning practices and to experience no spoilage.

Résumé

Sources de renseignements sur la mise en conserve a domicile:
leur usage et la relation entre cette pratique et le gaspillage

Une étude, comptant 457 foyers Manitobains qui pratiquent la mise en conserve des aliments à domicile, a fournie des indications sur les principales sources de renseignements utilisées lors de la mise en conserve. Les participants les plus jeunes ainsi que les moins instruits suivaient les conseils offerts par les parents et amis, tandis que les sujets plus âgés et plus instruits se fiaient surtout aux livres, aux livres de recettes et aux revues populaires. Ces sources de renseignements étaient associées avec la pratique de mauvaises méthodes de mise en conserve et la détérioration des conserves maisons. Les dépliants gouvernementaux, les conseillères en alimentation et les livrets émis par les fabriquants d'appareils pour la mise en conserve ont été cités le plus souvent par 14% des répondants. Ceux-ci suivaient fort probablement les directives suggérées et n'encourainent aucune perte.

Following a resurgence in home canning in Manitoba, professional interest in home-canning practices has recently increased. Several surveys have shown extensive usage of nonrecommended methods and a high incidence of spoilage of home-canned foods (Davis & Page, 1979; Fields, Zamora & Bradsher, 1977; Kuhn & Hamilton, 1978; McDaniel et al., 1980). Home economists frequently blame these problems on the unreliable sources of home-canning information which are readily available on newsstands and in libraries. A review of home-canning recommendations has not been published since that of Tanner in 1934. However, unpublished data (Loewen, 1980) reveal that in Manitoba the reliability of available canning information varies greatly.

It is logical to expect that the use of reliable sources of canning information will lead to safe home-canning practices, which in turn will decrease the incidence of food spoilage and botulism food poisoning. These hypotheses have not been tested, however. Verification of these relationships may be useful in reverse as well — the association of a given information source with the use of recommended practices and little spoilage may be an indication of the reliability of that source.

A survey of home canners in Manitoba, conducted by the University of Manitoba in 1977, provided an opportunity to investigate primary sources of home-canning information. **This paper deals with the sources of information cited as most used, and**

E.R. Loewen is currently Supervisor of Sensory Evaluation, Thomas J. Lipton Limited, 307 Orenda Road, Brampton, Ontario L6T 1G4; Dr. M.R. McDaniel is Consultant, West Lafayette, Indiana; R. Diamant is an Associate Professor, Department of Foods and Nutrition, Faculty of Home Economics, University of Manitoba, Winnipeg, Manitoba; and Dr. D.H. Berg is an Associate Professor, Department of Family Studies, Faculty of Home Economics, University of Manitoba, Winnipeg, Manitoba. This research was conducted in the Department of Foods and Nutrition, University of Manitoba, in 1977-1978.

their relationship to demographic variables, canning practices, and spoilage experienced. The relationship between canning practices and spoilage is also discussed. The dangerous canning practices uncovered by the survey are reported elsewhere (McDaniel et al., 1980).

Methods

In August, 1977, 457 Manitoba households were surveyed regarding their home-canning practices. Individuals qualified for the survey if they canned at least 10 quarts of food in an average year. No attempt was made to randomize the sample. Respondents were obtained through high school home economics teachers, extension home economists and a newspaper advertisement. This may have resulted in a slight bias toward more literate respondents and those already in contact with reputable sources of home-canning information. Approximately half of the sample was urban (48%) and half rural (52%).

Respondents were asked to indicate the one source of canning information they used most; those who gave multiple answers were excluded from the analysis, leaving a sample of 428 households. Individual sources were later combined to form four categories: **Personal** sources, which comprises respondents' mothers, other relatives, friends and neighbours; **Print** sources, including books, cookbooks, newspapers and magazines; **Government** sources, consisting of home economists, school or extension courses, and government publications; and **Suppliers,** which refers to the information distributed by manufacturers of canning supplies.

Of the canning practices included in the survey questionnaire, 21 were selected as representative and chosen as variables for the present study. Twelve of these deal with the basic canning **method** used for a specific food — for example, the use of a boiling water bath as opposed to a pressure canner. The other nine variables refer to more specific **procedures** associated with home-canning, such as the checking of seals or the re-use of rubber jar rings. For the sake of clarity, these practices are categorized and designated by the words *methods* and *procedures.*

For all practices, only correct responses are reported. Responses were categorized as correct or incorrect on the basis of Canadian and American government recommendations (Agriculture Canada, 1976 a & b; USDA 1976, 1977, 1978). Only pressure canning was considered the correct method for low-acid foods. For fruits and tomato products, both the boiling water bath and the pressure canner were accepted as correct. The open kettle method was also considered correct for pickles, in accordance with Canadian Government recommendations. Oven canning was considered incorrect for all foods.

The response accepted as correct for each of the procedures variables is as follows:

One-Time Ring Use — one-time usage of rubber jar rings.
Standard Jars — exclusive use of standard canning jars.
Seal Check — checking of seals after canning.
Spoilage Recognition — awareness that spoilage is not always recognizable (as in contamination by *C. Botulinum*).
Citric Acid Use — use of citric acid for tomato products.
Lemon Juice Use — use of lemon juice for tomato products.
Cooking of Vegetables — post-canning cooking of low-acid vegetables for 10 minutes or more.
Cooking of Poultry — post-canning cooking of poultry for 10 minutes or more.
Cooking of Fish — post-canning cooking of fish for 10 minutes or more.

Spoilage data were obtained for the year preceding the survey. Respondents were asked to indicate the degree of spoilage experienced for each of five food categories: meat, fish and poultry; low-acid vegetables; fruits; tomato products; pickles and relishes. Only responses of "no spoilage" are reported.

Results and Discussion

Sources of Information and Demographic Variables

The relative usage by respondents of various types of canning information sources is presented in Table 1. Half of the sample named a Personal source of information as that most frequently used. A majority of these (34% of the total sample) gave "mother" as primary source. Printed sources of instructions accounted for over one third of the sample. The remaining 14% was split almost evenly between Government and Suppliers.

Table 1

Number and Percent Total Respondents Using Each Type of Canning Information Source Most

	No.	%
Personal (includes mother, other relatives, friends)	213	49.8
Print (includes books, cookbooks, newspapers, magazines)	154	36.0
Government (includes government publications, home economists, school and extension courses)	33	7.7
Suppliers (information provided by manufacturers of canning supplies)	28	6.5
	428	

Government and Suppliers are generally considered by home economists to provide the most consistently reliable information. Instructions found in the Print media may be completely sound; however, the quality of the information varies greatly with the age of the publication and the background of its author. Personal or word-of-mouth information is the least likely to be based on scientific fact, and the most likely to contain errors. Thus it appears that the most reliable sources of home-canning information are the least used.

Primary sources of canning information are shown distributed by age of respondent in Table 2. The popularity of Personal sources drops quite consistently with increasing age. Since "mother" was the source in this category cited most often by all age groups, the trend is probably largely due to the fact that older persons are less likely to have surviving mothers. Print media are the primary source for approximately one third of all canners under 65 years of age, but claim a larger following among the oldest group. Use of Government sources is low for all age groups, but does increase with age. Information provided by manufacturers of canning supplies is used by a small proportion of all the intermediate age groups, and by slightly more of those aged 55-64 years.

These findings are similar to those of other researchers. Kuhn and Hamilton (1978) found that 63% of those under 25 cited "mother and other relatives" as their major information source; this proportion dropped to 12% of those over 44 years of age. In a USDA Study (Davis & Page, 1979), friends and relatives were named by 38% of those under 35 and only 12% of those over 64.

Educational background of the home canner also appears to affect the primary source of canning information (Table 3). The use of Personal sources drops with increasing education. Print

Table 2

Percent Respondents Using Each Information Source, by Age (figures in parentheses are the actual numbers of respondents constituting the percentages)

Information Source Used Most	<25 years %	25-34 years %	35-44 years %	45-54 years %	55-64 years %	>64 years %
Personal	71.4 (10)	53.0 (61)	54.0 (74)	48.2 (41)	42.1 (24)	9.1 (1)
Print	28.6 (4)	33.9 (39)	35.8 (49)	35.3 (30)	33.3 (19)	72.7 (8)
Government	0 (0)	6.1 (7)	4.4 (6)	10.6 (9)	12.3 (7)	18.2 (2)
Suppliers	0 (0)	7.0 (8)	5.8 (8)	5.9 (5)	12.3 (7)	0 (0)
Total Respondents	14	115	137	85	57	11

Table 3

Percent Respondents Using Each Information Source, by Education (figures in parentheses are the actual numbers of respondents constituting the percentages)

Information Source Used Most	Grades 0-6 %	Grades 7-9 %	Grades 10-11 %	High School %	Vocational %	University %
Personal	77.8 (7)	54.1 (40)	57.6 (57)	49.1 (57)	43.4 (33)	34.0 (16)
Print	11.1 (1)	29.7 (22)	34.3 (34)	39.7 (46)	39.5 (30)	38.3 (18)
Government	0 (0)	8.1 (6)	4.0 (4)	3.4 (4)	10.5 (8)	21.3 (10)
Suppliers	11.1 (1)	8.1 (6)	4.0 (4)	7.8 (9)	6.6 (5)	6.4 (3)
Total Respondents	9	74	99	116	76	47

sources become increasingly popular until the high school level, and then remain stable; undoubtedly those with less formal education are not as comfortable with the printed media. Government information is popular only among those with a university degree. Suppliers' information is used by only a small percentage of all educational groups.

USDA data (Davis & Page, 1970) show likewise that U.S. government information is used more by those with more formal education, printed sources are less used among those who have not completed high school, friends and relatives decrease in popularity as formal education increases, and the use of manufacturers' information appears unaffected by education.

No clear trends in the relationship information source to urbanization of neighbourhood or income were apparent in the data. Therefore, these results are not reported.

Sources of Information and Canning Practices

The 21 canning practices included in the present analysis are shown in Tables 4 and 5. For each practice only correct responses are reported.

The choice of information source is likely to influence the canning method used. The relationship between type of information source and method used to can selected foods is shown in Table 4. In this table, the percentage in each cell indicates the proportion of correct to total responses. Column percentages cannot be added to yield 100% because each figure refers to a different group — namely, those using a particular information source most. For example, of all poultry-canners who used Personal sources most, 14.3% canned poultry by the correct method. Of those poultry-canners who cited Suppliers as their primary source of information, 66.7% used the correct method to can their poultry. A higher percentage suggests greater reliability of information.

Certain information sources appear to be related to greater use of correct canning methods. For six of the 12 variables shown, Suppliers have the highest percentage correct responses. Government sources have the highest percentage five times, and Print sources three times. Personal sources are never highest. (Numbers do not total 12 due to ties). The reverse can also be considered. That is, Personal sources are most often (six times out of 12) associated with the lowest proportion of correct responses, Print sources have the poorest showing for four of the variables, whereas Government and Suppliers have the lowest percentage only once each. It should also be noted that where Print or Personal sources compare favourably with Government and Suppliers, the percentage differences are usually quite small; where larger differences among the sources occur, Government or Sup-

Table 4

Percent Respondents Using Recommended Canning Methods for Selected Foods, for each Information Source Used Most (figures in parentheses are the actual numbers of respondents constituting the percentages)

Information Source Used Most	LOW-ACID FOODS				FRUITS				TOMATO PRODUCTS		PICKLES	
	Poultry Method %	Fish Method %	Green/wax Bean Method %	Corn Method %	Peach Method %	Plum Method %	Crabapple Method %	Applesauce Method %	Tomato Method %	Tomato Juice Method %	Dill Pickle Method %	Beet Pickle Method %
Personal	14.3 (6)	14.3 (3)	4.3 (2)	7.4 (2)	81.4 (83)	81.5 (44)	71.4 (50)	40.6 (13)	83.7 (118)	66.7 (36)	84.3 (150)	98.1 (152)
Print	28.0 (7)	40.0 (4)	20.8 (5)	40.0 (4)	87.9 (58)	76.5 (32)	57.4 (31)	44.4 (12)	85.3 (81)	60.0 (24)	85.5 (106)	97.1 (101)
Government	40.0 (2)	-	45.5 (5)	100.0 (2)	93.8 (15)	100.0 (9)	71.4 (5)	14.3 (1)	91.7 (22)	76.9 (10)	83.3 (20)	100.0 (17)
Suppliers	66.7 (2)	33.3 (1)	50.0 (3)	50.0 (1)	83.3 (3)	100.0 (9)	90.9 (1)	41.7 (5)	95.5 (21)	63.6 (7)	81.0 (17)	100.0 (19)

Table 5

Percent Respondents Following Recommended Canning Procedures for each Information Source Used Most (figures in parentheses are the actual numbers of respondents constituting the percentages)

Information Sources Used Most	One-Time Ring Use	Standard Jars	Seal Check	Spoilage Recognition	Citric Acid Use	Lemon Juice Use	Cooking of Vegetables	Cooking of Poultry	Cooking of Fish
	%	%	%	%	%	%	%	%	%
Personal	74.4 (157)	55.9 (118)	91.9 (192)	34.9 (68)	3.5 (7)	1.0 (2)	24.8 (26)	24.6 (14)	22.6 (7)
Print	64.5 (100)	56.6 (86)	94.1 (143)	55.9 (81)	7.0 (10)	4.8 (7)	40.0 (26)	20.6 (7)	36.8 (7)
Government	78.8 (26)	57.6 (19)	90.9 (30)	71.0 (22)	16.1 (5)	0 (0)	52.9 (9)	16.7 (1)	33.3 (1)
Suppliers	64.3 (18)	53.6 (15)	96.4 (27)	63.0 (17)	3.7 (1)	3.7 (1)	42.9 (6)	14.3 (1)	12.5 (1)

pliers usually has the highest percentage correct responses. Thus the use of Government and Suppliers' information is more clearly associated with recommended canning methods.

When considering groups of foods which share correct canning method(s), certain generalizations can be made. For foods requiring pressure canning (low-acid foods), Government and Suppliers usually have the highest percentages correct, and Personal sources are always the lowest. Differences among percentages are considerable, but for all sources, correct responses are few.

For fruits and tomatoes, foods for which the boiling water bath is the usual recommended method, the comparison is a little different. Once again, Government and Suppliers tend to have higher percentages, with fewer correct responses for Personal and Print, but there is considerable overlapping. Accordingly, differences among percentages are smaller. In general, the use of correct methods is much higher for this group of foods.

Pickles, which may be canned by the open kettle method, were usually canned correctly regardless of primary information source. Differences among sources are extremely small, and no trend is apparent.

Canning procedures are similarly presented in Table 5. Visual inspection of these data shows that Government sources have the highest proportion of correct responses for over half of the procedures (five out of nine). All other information sources take highest percentage only once or twice. The lowest proportion of correct responses is associated three times with each of Personal sources, Government and Suppliers, and never with Print sources. Thus for procedures, as for methods, Government sources have a favourable record and Personal sources are consistently poor. Suppliers, however, are less related to correct canning procedures than are Print sources.

Of the 21 canning practices considered, four deal specifically with protein products; these are Poultry Method, Fish Method, Cooking of Poultry and Cooking of Fish. Protein foods are a special botulism concern, both because they are low in acid and because protein has a protective effect on *C. Botulinum* bacteria. Although Government sources rank first for 10 of the remaining 17 variables, they have the highest percentage correct for none of the four protein variables. This is not surprising, since Agriculture Canada's home-canning booklet does not include instructions for meat, fish or poultry (Agriculture Canada, 1976a).

It is interesting that users of canning Suppliers' booklets are more likely to choose correct canning *methods* than are users of Print and Personal sources, but are less likely to follow correct *procedures*. There is no apparent reason for this discrepancy, but it may be that older information distributed by Suppliers was less accurate in its description of recommended canning procedures.

Source of Information and Spoilage Experienced

An apparent relationship exists between information source and spoilage experienced (Table 6). Since the figures represent the proportion of respondents who experienced any spoilage at all (e.g., 8.5% of those using primarily Personal sources of information had some spoilage of meat, fish and poultry), a higher percentage indicates a higher incidence of spoilage among the users of that information source.

Government sources consistently have the lowest percentage, for every food type; thus their use appears to be associated with little spoilage. Users of Suppliers' information experienced a somewhat greater incidence of spoilage, followed by Print and Personal sources.

Although the differences among the information source categories are small in some cases, the consistency of the trend suggests a definite relationship between primary source of information and whether or not spoilage is experienced. It is tempting to conclude that the use of Government and Suppliers as sources *causes* the low incidence of spoilage. However, it is quite possible that the choice of in-

Table 6

Percent Respondents Reporting Spoilage for Food Categories, for each Information Source Used Most (figures in parentheses are the actual numbers of respondents constituting the percentages)

Information Source Used Most	Meat, Fish & Poultry	Low-Acid Vegetables	Fruits	Tomato Products	Pickles & Relishes
	%	%	%	%	%
Personal	8.5 (4)	28.0 (23)	18.0 (25)	37.3 (57)	29.5 (52)
Print	5.4 (2)	30.6 (19)	26.4 (29)	23.9 (26)	26.2 (37)
Government	0 (0)	7.1 (1)	0 (0)	8.7 (2)	11.5 (3)
Suppliers	0 (0)	18.2 (2)	10.5 (2)	25.0 (6)	25.0 (6)

formation source is based on the practices normally followed, rather than the reverse — it is not uncommon for home canners to seek out the instructions they wish to follow.

Canning Practices and Spoilage Experienced

Tables 7 through 11 show the apparent relationship of canning practices to spoilage experienced. It should be stated immediately, however, that practices and spoilage data were recorded on different bases. Information for methods was obtained for specific foods, while spoilage data are for five food categories, as indicated by separate tables. In addition, practices were recorded for the year in which the survey was conducted, whereas spoilage was that which occurred the previous year. Nonetheless, it seems valid to relate these sets of data. Canning practices are unlikely to change drastically over a one-year period, particularly relative to the number of respondents. And individual canners did tend to use the same method within a given category of foods.

Table 7

Percent Respondents Reporting Spoilage of Meat, Fish and Poultry, by Correctness of Related Canning Practices (figures in parentheses are the actual numbers of respondents constituting the percentages)

	Poultry Method	Fish Method	One-Time Ring Use	Standard Jars
	%	%	%	%
Correct	0 (0)	0 (0)	5.8 (4)	4.8 (3)
Incorrect	6.7 (3)	5.0 (1)	7.9 (3)	8.9 (4)

Table 8

Percent Respondents Reporting Spoilage of Low-Acid Vegetables, by Correctness of Related Canning Practices (figures in parentheses are the actual numbers constituting the percentages)

	Bean Method	Corn Method	One-Time Ring Use	Standard Jars
	%	%	%	%
Correct	16.7 (2)	20.0 (1)	21.5 (28)	22.4 (22)
Incorrect	35.9 (23)	27.6 (8)	34.0 (16)	28.2 (22)

Table 9

Percentage Respondents Reporting Spoilage of Fruits, by Correctness of Related Canning Practices (figures in parentheses are the actual numbers of respondents constituting the percentages)

	Peach Method	Plum Method	Crabapple Method	Applesauce Method	One-Time Ring Use	Standard Jars
	%	%	%	%	%	%
Correct	21.8 (36)	22.8 (21)	24.7 (22)	31.0 (9)	16.4 (36)	17.0 (29)
Incorrect	11.5 (3)	11.1 (2)	19.5 (8)	16.3 (7)	23.7 (22)	20.6 (29)

Table 10

Percent Respondents Reporting Spoilage of Tomato Products, by Correctness of Related Canning Practices (figures in parentheses are the actual numbers of respondents constituting the percentages)

	Tomato Method	Tomato Juice Method	One-Time Ring Use	Standard Jars	Citric Acid Use	Lemon Juice Use
	%	%	%	%	%	%
Correct	30.3 (70)	27.7 (23)	26.1 (60)	31.4 (54)	20.0 (4)	30.0 (3)
Incorrect	25.7 (9)	48.6 (18)	36.5 (35)	26.8 (41)	30.0 (88)	29.2 (90)

Table 11

Percent Respondents Reporting Spoilage of Pickles and Relishes, by Correctness of Related Canning Practices (figures in parentheses are the actual numbers of respondents constituting the percentages)

	Dill Pickle Method	Beet Pickle Method	One-Time Ring Use
	%	%	%
Correct	27.8 (76)	28.8 (78)	25.1 (69)
Incorrect	19.6 (10)	14.3 (1)	27.7 (31)

In these tables only canners who experienced some spoilage of a food category are reported. However, the percentages are given for those who used correct methods and procedures, as well as for those who followed incorrect practices. If correct canning practices reduced spoilage, a lower percentage should appear opposite "correct" than "incorrect". For each food category, the canning practices reported are those which would be expected to influence spoilage of that type of food. Thus certain canning procedures are included for more than one food category. It was assumed, for example, that re-use of rubber rings could influence spoilage of any food type. The figures reported, however, are based on a different group of respondents for each table — namely, those who experienced spoilage of that particular food type. Thus in Table 7, 5.8% of those using rings only one time (the correct response) had some spoilage of meat, fish and poultry, while in Table 8, 21.5% of those using rings only once experienced spoilage of low-acid vegetables.

For low-acid foods (Tables 7 and 8), respondents using recommended canning methods were less likely to experience spoilage than were those using non-recommended methods. However, the opposite trend exists for acid foods — for fruits, tomato products, and pickles and relishes, use of an incorrect method appears to have decreased incidence of spoilage (Tables 9 through 11). In the case of fruits and tomatoes, this may be because canners are less careful when using the boiling water bath method than when canning by open kettle, because they believe all bacteria will be destroyed in processing. Other non-reported errors could make foods canned in a boiling water bath susceptible to spoilage (e.g., not covering the jars with water). However, it is difficult to understand why spoilage in such cases would exceed that experienced when the less severe open kettle and oven methods were used.

The incorrect use (re-use) of rubber rings is for all food categories related to increased incidence of spoilage. The use of non-standard jars likewise seems related to increased spoilage; this relationship appears for low-acid foods, fruits, and pickles and relishes, but not for tomato products.

In the case of tomato products, adding lemon juice does not appear to have reduced spoilage, while addition of citric acid may have had some effect. Here, however, the year's difference between spoilage and practices data collection may be significant, since the recommendation to add an acidifying agent had been made only recently at the time of the survey.

Summary and Conclusions

The young and/or the uneducated home canners turn primarily to their mothers, and secondarily to their friends, for canning advice. These advisors may be represented by the older respondents, who rely increasingly on printed canning information — quite possibly on older printed information, which is less likely to be accurate. There appears to exist a *vicious circle* of misinformation, which may explain why faulty practices are still in use decades after reliable information became available. Since government information is more likely to be used by those with more formal education, a larger proportion of today's young people may be turning to reliable information than was true in the past.

Government publications and those provided by canning supply manufacturers have been considered the most reliable by home economists. This view is supported by the present study. Users of these types of information are most likely to follow recommended canning practices and to experience no spoilage of home-canned foods.

Home canners who use recommended canning methods for low-acid foods appear to be rewarded for their caution with decreased spoilage. This benefit may not accrue to those who make a similar effort when canning high-acid products. The use of non-standard jars and the re-use of rubber jar rings may lead to increased spoilage, and should be avoided. ●

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Job Opportunity

During a planning trip to Malawi this past June, when possibilities for a link between the University of Malawi and Mount Saint Vincent University were explored, the need for a high school teacher for 1981 was mentioned. Kamuza Academy is now being constructed to fulfill Life President Kamuza Banda's wish to establish a residential school with a program noted for academic excellence. The Kamuza Academy will open in October 1981 and staff is required on site prior to that date to plan curriculum and order equipment.

Anyone interested in further information should contact Dr. M. McDowell, Chairman, Home Economics Department, Mount Saint Vincent University, Halifax, Nova Scotia B3M 2J6.

A Content Analysis of the Ten Lake Placid Conferences on Home Economics

Eleanore Lund Vaines

The following was noted by F. Caroline Budewig in 1964: Certain fundamental values have no doubt evolved, not as mere products of specific areas of home economics but through and because of the coherence of home economics itself. The need therefore is to study home economics whole, to restore its original concept of wholeness so that it will have meaning for its practitioners and those we strive to serve. Until its *inner center* can be identified and verbalized we cannot hope to gain the intellectual control over the field which we should have. At the same time we must look for some kind of stability that has endured and will . . . continue to endure change, unless we are and intend to remain completely opportunistic. If home economics has organic wholeness then it has had a coherent and distinct development. It has had history. This history should be known and applied in a search for meaning. (Budewig, 1964, p. 12)

With Budewig's recommendations in mind, a multi-phase project was designed to clarify three dimensions of home economics: what it was, is and should be. Phase I (1977-79), focussed on the first of these themes, and consisted of a content analysis of the *Lake Placid Conference Proceedings* (1899-1908), the results of which are presented here. It is hoped that these results will yield fresh insights into some of the essential features of the field of home economics and provide useful information for the subsequent phases of this project.

Analyse du contenu des dix conférences de Lake Placid sur l'Economie Familiale.

Résumé

En 1977, un projet à phases multiples a été mis sur pied pour clarifier les trois dimensions de l'économie familiale: ce qu'elle a été, ce qu'elle est et ce qu'elle devrait être. La première phase (1977-1979) comprenait une analyse du *déroulement de la conférence de Lake Placid* (1899-1908). Son but était de décrire le contenu des conférences et d'évaluer dans quelle mesure les trois thèmes suivants apparaissaient dans les documents: définition du sujet en question, son but ou sa mission, et la profession ou les activités des économistes. Les données et l'information descriptive acquises indiquent que les conférences traitent à la fois implicitement et explicitement, ces thèmes, et, en plus, pourvoient une vue systématique du contenu du déroulement. Les données indiquent également que les documents sont importants pour comprendre les racines de l'économie familiale et pour avoir une idée de l'influence qu'ont eue les conférences sur l'état actuel du domaine concerné.

Research Section

The Conferences

The conferences were important events in the field of home economics, resulting in the formation of the American Home Economics Association (*Proceedings,* 1908, pp. 189-192). This event formalized a movement which had begun in the 1800's to help both the working class and the bourgeoisie families cope with the changes in their daily lives brought about by the social and political upheavals of that time. The climate in which the field of home economics began was a dynamic one, and the time opportune for the field to flourish and become an important social force.

Ellen H. Richards and Melvil and Annie Dewey are credited with organizing the first conference at Lake Placid and with encouraging the leading members of the movement to come and discuss their professional and intellectual concerns. The response to the early meetings was so enthusiastic that the conferences continued until 1908, when the movement was formalized.

The *Proceedings* of the Lake Placid Conference have proved to be important documents which have been used in a number of different ways. For instance, they have been used frequently in discussions of the origins of home economics as a field of study (Budewig, 1957, pp. 106-249 & pp. 297-312; Budewig, 1964, pp. 5-17). As well, sections of the *Proceedings* have been used as an authoritative source to support certain claims which have been made regarding the field (see, for example, *Lake Placid Conference Proceedings,* General Discussion, 1900, p. 17 & pp. 26-27; Hunt, 1901, pp. 79-89; Chown, 1902, p. 31; Committee on Home Economics in Higher Education, 1903, pp. 65-70; Richards, 1908, pp. 19-25). In addition, the *Proceedings*

Dr. Eleanore Vaines is an assistant professor, School of Home Economics, University of British Columbia, 6221 University Boulevard, University Campus, Vancouver, B.C. V6T 1W5 Canada. She is presently chairman of the CHEA Professional Development Committee.

have been used in various ways in the preparation of scholarly work: Budewig (1957), for example, used them to study the origin and development of the idea of home economics; Cowan (1973) utilized the *Proceedings* of the first three conferences as a resource in her study on professional value orientation of home economics; and Larson (1974) used them as a basis for her philosophical analysis.

Purposes of the Study

The content analysis of the Proceedings was designed (1) to describe the content of the conferences and (2) to identify the extent to which the field's definition, its goal or mission, and the profession or activities of home economists were discussed in the conferences.

Assumptions

The content analysis was based on the following assumptions:

- that an understanding of the antecedents and historical context of the formation of the field of home economics is a necessary backdrop for understanding what home economics is and what it should be (Larson, 1974, p. 33);
- that a historical perspective is essential for the production of a normative definition of the field;
- that one aspect of the history of home economics is found in the *Proceedings* of the Ten Lake Placid Conferences.

Method

Content analysis was identified as the appropriate method for achieving the purposes of Phase I because it enables the interpretation of subjective material through "systematically and objectively identifying specified characteristics of messages" (Holsti, 1969, p. 601). By objectively and systematically applying categorization rules, we can transform messages into data, which can be summarized and compared.

Reliability and Validity

Reliability for the *decisions* was checked by an outside coder. A result was considered reliable if the results between coders were consistent.

The independent coder was chosen using the following guidelines: the coder should be an initiated professional in an area considered to be part of home economics and should be recommended by two or more initiated professionals. After a two-hour training period, the outside coder was given a sample of contributions from the *Proceedings.* The results of the reliability check indicated that there was correspondence between coders approximately 89% of the time. But because there were some discrepancies between coders, the results obtained cannot be considered absolutely reliable or precise. Thus some of the information derived from Decisions 1 and 2 may need to be tested further.

Abstract

In 1977 a multi-phase project was designed to clarify three dimensions of home economics: what it was, is, and should be. The first phase (1977-1979) consisted of a content analysis of the *Lake Placid Conference Proceedings* (1899-1908). It was designed to describe the content of the Conferences and to identify the extent to which the following three themes appeared throughout the documents: the field's definition, its goal or mission, and the profession or activities of home economists. The data and descriptive information acquired shows that the Conferences dealt both implicitly and explicitly with these themes and in addition, they provide a systematic view of the content of the *Proceedings.* The data also indicated that the documents are important for understanding the roots of home economics and for appreciating the influence the conferences had on the contemporary state of the field.

Validity was not directly tested but was inferred on the ground that the categories served the purpose for which they were intended. For this study they were clearly useful ones.

Study Design

The content analysis was designed to code the *Proceedings* by making three decisions. **Decision 1** was concerned with identifying the following. Who attended? Who contributed (name and position)? Where was he/she from (region, setting, city, state, country)? What was said (What problem was discussed, what was the orientation)? What was the implied or stated purpose of the presentation? What group of people was the contributor concerned with? Who was addressed? **Decision 2** was concerned with the appearance of three themes — the definition of home economics (Brown & Paolucci, 1979, p. v), the goal or mission of home economics (Brown & Paolucci, 1979, pp. 17-23), and the profession or activities of home economists (Brown & Paolucci, 1979, pp. 6-11) — throughout the documents. The implied as well as the explicit themes were identified. **Decision 3** was concerned with the extent to which each theme appeared as measured by how much space was devoted to it. In this way both the *amount* that was said as well as *what* was said were considered.

Measures

A code book was developed to facilitate the systematic coding of the three decisions. The selection and definition of the categories for analysis were based on a preliminary pilot coding of the materials. This was undertaken before the content analysis was begun to insure that the categories would characterize the major properties of the conferences. The following criteria were used to decide on categories: (1) they should represent the components of the field. (The investigator arrived at these by reviewing the conferences and related literature; e.g., Lee & Dressel, 1963; McGrath & Johnson, 1968; Brown & Paolucci, 1979); (2) they should be exhaustive relative to the objectives of the study; (3) they should be mutually exclusive so that no item would be scored more than once in a decision set.

To insure that the results were replicable, a set of rules and a code book^1 were developed to provide clear and specific instructions to guide the coders in their judgments. The code book was divided into three major sections consistent with the three decisions.

Decision 1 had seven major coding categories: Who attended? Who contributed? Where was the speaker from? What setting was the speaker from? What was said (Problem area dealt with)? What was implied or stated purpose of the presentation? What group of people was the speaker concerned with? Who was the speaker addressing? Under each of these, specific descriptive terms were enumerated. For example, under, "What group of people was the speaker concerned with?" there were nine choices from which the coder could choose: (1) children under six, (2) children 6-12, (3) children 13-18, (4) students in college or university, teacher training or normal school, (5) men and women over 18, and the family, (6) women over 18, (7) society, (8) home economists, (9) not clear or not specified.

Decision 2, which was concerned with the appearance of the three themes, definition, goals and activities, had six coding categories defined as follows:

1. *The definition of home economics as an implied theme.* The definition is not explicitly stated, but one of the following four elements are found in a presentation: (1) a canvas of those currently involved in the home economics profession to determine the present widely accepted definitions; (2) a philosophical examination of conflicting definitions; (3) a philosophical examination of some component of the definition; (4) an in-depth philosophical analysis aimed at providing a comprehensive definition (see, for example, Brown & Paolucci, 1978, p. v).

2. *The mission or goal as an implied theme.* (see for elaboration, Larson, 1974, pp. 8-11; Brown & Paolucci, 1979, pp. 17-23).

3. *The profession or activities of home economists as an implied theme.* This includes what home economists do or would do with what they know and believe. It is the integration of theory and practice. (see for elaboration Brown & Paolucci, 1979).

4. *A definition is explicitly stated in some form.*

5. *The mission or goal of home economics is explicitly stated.*

6. *The profession or activities of home economists are explicitly stated.*

Decision 3, which was concerned with the space (by page) devoted to the themes of Decision 2 was coded as follows: for a quarter of a page or less, .25 was recorded; for approximately half a page, .50; for approximately three-quarters of a page, .75; and for whole pages, 1.00, 2.00, and so forth.

Results and Discussion

The data were examined, substantive conclusions drawn, and implications addressed. To facilitate the analysis of the data, version 7.01 (SPSS.V701) from the *Statistical Package for the Social Sciences* (Nie et al., 1975) was used. Two counts were made for Decision 1, 2, and 3; one was for the ten conferences altogether to give some insights into patterns, and one was for individual conferences.

Decision 1. For the sake of clarity and brevity, the major results for Decision 1 are reported here as gross totals for the ten conferences.

Who Attended?

There were seven categories of membership listed throughout the Conferences: Attended meeting, corresponding member, honorary member, patron, sustaining member, associate member and life member. Overall, 421 of the members listed in the *Proceedings* attended, while 513 were listed but did not come to Lake Placid. Of those who did attend, 31 male names were listed. By today's standards, none of the ten conferences were large and some, such as the first Conference in 1899, were like seminars. But considering the population of North America at the time, the attendance figures show that the people who did attend were a highly dedicated group.

Canadians were present at all of the Conferences except the first in 1899. The following is a roll call by Conference of Canadians who did attend: 1,0; 2,1 (Miss Alice A. Chown); 3,3 (Miss Alice A. Chown, Miss Edith M. Curzon, & Miss Jean Joy); 4,3 (Miss Alice Chown, Mrs. Adelaide Hoodless, & Miss Mary U. Watson); 5,3 (Miss C.C. Benson, Miss Edith M. Curzon, & Miss Mary U. Watson); 6,2 (Miss Alice Chown & Miss Annie L. Laird); 7,2 (Mrs. Adelaide Hoodless & Mary U. Watson); 8,3 (Miss Ethel Eadie, Mrs. Adelaide Hoodless, & Miss Annie L. Laird); 9,3 (Miss Elizabeth L. Cowan, Miss Catharine J. McKay, & Miss A.E. Robertson); and 10,10 (Miss Katharine R. Bartlett, Miss C.C. Benson, Miss Evelyn Bray, Miss Ethel M. Eadie, Miss Nina A. Ewing, Miss Annie Laird, Miss M.B. Tamblyn, Miss Clara G. Turner, Miss Fannie A. Twiss & Miss Mary U. Watson).

A large contingency of those attending the conferences came from the Eastern United States. Of the 289 of those who contributed, 196, or 67.8%, were from areas close to Lake Placid; 53, or 18.3%, were from the Midwest; 9, or 3.1%, were from the Southern and Western United States; 14, or 4.8%, were from Canada; 4 or 1.4%, were from England; and 6, or 2.1%, were from Italy. The areas from which 11 (3.8%) came are unknown. Given the distances and means of transportation, it is amazing that as many came from as far away as they did.

Who Contributed?

A contributor is defined as being anyone or any group who contributed a paper to the Conference, whether present at the Conference or not. Each Conference had the following number of contributors: 1 - 12; 2 - 15; 3 - 21; 4 - 28; 5 - 19; 6 - 38; 7 - 49; 8 - 34; 9 - 28; 10 - 45; making a total of 289.

Seventeen categories of positions were represented by these 289 contributors. Teachers of higher education (which included teachers from and represented fields such as teacher training institutions, sociology, education; sanitation as well as home economics) were the most frequently represented group (106, or 36.7% of the contributors). Those associated in some way with education, such as senior secondary school teachers (32), educational administrators (23), and librarians (16) were the next most frequently represented groups (total 71, or 24.6%). Of the remaining 112 contributors, the positions of 69 were unclear, 10 were researchers (e.g., agriculture, nutrition, chemistry), 8 were club leaders, and 25 had some unique position.

What Was Said?

Over the period of the ten Conferences, two general orientations were coded: (1) skill oriented messages (178) and (2) research, theory, and/or philosophically oriented messages (241). These orientations were subdivided further into 31 categories with the first 15 including specific skill-oriented subjects and the remaining 16 categories including specific research, theory, and philosophically-oriented subjects.

Skill-oriented topics constituted 42.5% of the coded references. Cooking, sewing, fabrics, crafts, child care, efficiency, sanitation (includes water), home arrangement, etiquette, domestic science and home skills, and domestic science trades were the category labels used.

Research, theory, and philosophically oriented topics constituted the remaining 57.5% of the coded references. In this category, home economics as a field and different aspects of the philosophy of the home were areas frequently discussed. Food, nutrition, textiles, family, management, sanitation theory, sociology, methods, food/clothing/shelter, character-building, thinking, and housing were also discussed, but to a more limited degree.

Problem areas dealt with were also included in the coding of what was said. There were six problem areas coded: • subject matter and human service problems combined, • subject matter only, • human service problems only, • human problems, • the state of home economics, and • curriculum.

The problem area dealt with most frequently was one encompassing what home economics is or ought to be, which included the problem of how the subject matter can be translated into some form of professional practice or human service. For example, one contributor discussed the problem of teaching home skills to children in a social settlement in Boston (Braley, 1902, pp. 47-51). She was concerned with what the subject matter should be and how it could best be taught to the particular children in the area under consideration.

What was the Implied or Stated Purpose of the Presentation?

The message intent of the contributor was coded into one of the following: • to describe, • to inspire, • to recommend, • to give research results, • intent unclear, and • to pose a problem, make a request or evaluate. Out of the 289 presentations, describing an idea, program or event was the most frequently (214) coded purpose.

What Group of People was the Speaker Concerned With?

Adults over 18 were talked about most frequently, while high school students and children between 13 and 18 were next. This audience focus is understandable in view of the contributors being primarily involved with education in some way.

Who Was the Speaker Addressing?

The speaker, for example, might be addressing mothers on the subject of preschool children. This aspect was coded according to gender to record any bias. Out of the 289 contributions, 115 (39.8%) of the messages were clearly addressed to women only. Of the remainder coded, 70 (24.2%) were not directed to a particular gender. These communications stated, for example, that the curriculum should be for both boys and girls or that the philosophy of the home was relevant to both men and women. For the remaining 104 (35.9%) contributions, there was no clear bias. With the emphasis on changing roles not appearing until later in the 20th century, a more definite female bias might have been expected. But, the contributors appeared to have been relatively liberated from viewing the things of the home as being relevant to women only.

The results of Decision 1 are descriptive and, therefore, give a fairly limited picture of the *Lake Placid Conference Proceedings*. However, they do provide a perspective on who made the presentations, where they were from, what and who they talked about, and who they primarily addressed. When used in conjunction with other data, the results can give a more comprehensive view of the context and meaning of the *Proceedings*.

Decision 2 was concerned with answering the questions: (1) To what extent was the definition and mission of home economics and the activities of the practitioners *explicitly* recorded at the Lake Placid Conferences? and (2) To what extent were these elements *implied* in the *Proceedings?* More subjective judgments had to be made to answer these questions than was the case for Decision 1. But the answers are still important since they will show to what extent the assumption that the seeds for the substance of home economics are recorded in the *Proceedings* is true.

Systematic coding of Decision 2 confirmed that all three themes — definitions, goals, and professional activities — were discussed either explicitly or implicitly. Implicit themes were defined as those which were merely suggested and not explicitly expressed. Some examples of an implicit definition of home economics are found in the following passages. (1) "The program as a whole deals with the united interests of the home, the school and the community . . ." (*Lake Placid Conference Proceedings,* 1901, p. 50). (2) "the subject needs to be so presented that its richness of thought is apparent as it emphasizes the home and the practical application of science and of economics" (*Lake Placid,* 1902, p. 9).

Some implicit statements of missions are found in the following quotations: (1) "The final test of the teaching of home economics is freedom" (*Lake Placid,* 1901, p. 89) implies that contributing to freedom is a mission of home economics. (2) "The legitimate profession of all women is that of home making, it is the one great profession our girls will ultimately follow; that one which makes or mars her whole future, and not only hers but those about her even down to future generations" (*Lake Placid,* 1907, p. 83). This implies that one goal of home economics is to prepare homemakers.

And finally, an example of a passage which deals implicitly with the activities of home economists is the following: "To keep well . . . food; clean house and clothing; dry house lots and cellars; good drinking water; and sanitary disposal of refuse matter . . . the right expenditure of money . . . a woman (needs to be) taught the real value . . . she needs . . . training . . . to use her brain and reasoning faculties in connection with her hands" (*Lake Placid,* 1901, p. 53). Another Conference stresses: If high school courses are planned well then the activities of home economics should include a progressive development in reasoning power, and then "domestic science will become the 'king bolt to hold together the previously accumulated parts of the curriculum' " (*Lake Placid,* 1905, p. 21).

Explicit themes were ones which were clearly stated and in which a particular theme could be readily identified. The following are some examples.

One explicit statement of definition is: "After full discussion the name 'Home Economics' was agreed on as the title preferable for the whole general subject and it was determined to consider it a distinct section of the general subject of economics, so that it should find a logical place in the college and university course and not be confused with the mere 'household arts' often taught under larger names" (*Lake Placid,* 1899, pp. 4-5).

An explicit statement of mission is found in these two quotations. (1) "we unhesitatingly claim that the following are of the utmost importance: (the goal is) 1. To secure maximum of health, sane happiness and vigourous mental and physical activity. 2. Such knowledge of the consequences of community life . . . 3. Such knowledge of laws of commerce, of production, distribution and consumption as will make an intelligent consumer, an economics consumer . . . [to get] the most in health and real comfort out of the materials the family consumes. 4. A knowledge of the history of the development and use of these natural resources in the past 50 years and the effect of this use on social conditions and on life in city and country" (*Lake Placid,* 1904, pp. 78-79). (2) "While there is but one ultimate purpose in all courses of instruction in home economics, i.e. improvement in the conditions of home life, the immediate needs of the classes of people to whom the teaching is given are of infinite variety" (*Lake Placid,* 1907, p. 10).

And finally, the following are two examples of explicit statements of the activities of home economists. (1) "What we are ready to recommend to organizations such as the home economics clubs now increasing so rapidly is that they concentrate their efforts on a few carefully chosen lines of work which promise the best results . . . The most promising lines of work seem to be the following: 1) . . . home economics must be introduced into schools of every grade and carefully watched . . . 2) Any plans may be discussed and carried out that promise to decrease the amount of labor now performed in the house . . . 3) . . . bureaus must be established that will mediate between the employer and the man and woman who work by the day and hour." (*Lake Placid,* 1903, pp. 34-35). (2) "An imperative duty of the Lake Placid conference and of the schools is to show how to *keep out of the schools all the functions that belong to the home* and throw the responsibility for them on the home, to develop the ideals in the home themselves . . . The home economics movement can do its best work in elevating the standard of family and home life in general and that is its most important duty, rather than teaching the outline of the subject in the schools". (*Lake Placid,* 1908, p. 59)

Decision 3 was concerned with the amount of space devoted to the three themes of Decision 2. Explicit and implicit messages about what home economists do involved approximately 69.9%, of the space coded. Space devoted to the discussion of the definition of home economics involved about 19.6%; and 10.8% of the space was concerned with goal or mission statements. While the quality of what was said is more important than how much was said, the total number of pages devoted to a theme gives some indication of how adequately/or extensively a particular theme was dealt with in the conferences.

Conclusions

As a result of the data from the three decisions, the following conclusions were synthesized:

- Those who contributed to the conference came from diverse backgrounds and settings, including Canadians who participated actively throughout the ten conferences.
- The majority of those who contributed were concerned with some type of education.
- The common concern of those who contributed was for the welfare of individuals and families in their daily lives.
- The contributors' common concerns and their differences influenced to some degree the conceptualization of home economics. Some of the differences found in the contributions were related to inconsistencies between the intellectual orientations expressed and the ways in which these orientations were to be put into practice.
- The Lake Placid Conference contributors saw they could achieve effective action with regard to their common concerns if they joined together as a group. By the tenth conference the organization of the community became an important implicit purpose of the conferences. For example, the *Proceedings* record that there were around 3,000 home economics teachers in the United States and Canada who needed representation. (*Proceedings,* 1908, p. 99)
- And in turn, the participants saw that by organizing as a group, they could more effectively help people.
- The *Proceedings* provided the field of home economics in North America with the following:
  - a historical baseline from which to mark the formal beginning of home economics. Although the Canadian Home Economics Association was not formally organized until 1939, because Canadian representatives were so actively involved in the conferences, the formation of the American Home Economics Association at the tenth Lake Place Conference was an important historical landmark for the recognition in Canada of home economics as a field;
  - some suggestions concerning the intellectual directions which should be taken;
  - some statements of goals which the groups and individuals were then seeking (i.e., to benefit individuals and families);
  - some clarification of how knowledge should be applied to achieve the stated goals. (For example, see *Proceedings,* 1904, pp. 37-40; 1905, p. 67 & p. 153; 1906, pp. 38-42; 1907, pp. 10-16, p. 26 & p. 91; 1908, p. 3, pp. 19-25 & pp. 155-158);
  - some information on activities and areas of service for home economics.

  Thus the three themes (definition, mission and profession) were present in the documents to a limited degree.
- The *Proceedings* of the Conferences did *not* provide:
  - a precise conceptualization of the field. Highly abstract concepts which were alluded to were neither precisely defined nor organized into meaningful wholes. For example, it was never clearly stated what the 4th R, "right living" for individuals and families meant (*Proceedings,* 1901, p. 53; 1904, p. 7-8 & p. 65);
  - an agreement by the people attending about the nature of the problems which were of concern, nor the nature and boundaries of professional practice. This latter also encompasses a lack of direction about the nature of the knowledge needed to practise.

The *Proceedings* provided one source of information which can be used in arriving at a definition of home economics. Thus the views of Budewig, Brown and Paolucci and others, that historical documents are important in clarifying what home economics was, is and should be, is supported.

The information which has been gleaned from the *Proceedings* is useful and suggests that further analysis would be worthwhile. Some aspects of this will be undertaken in subsequent phases of this project with the view to answering the following questions:

- Given the limitations of the *Proceedings,* to what degree should the information be used to define and justify the field?
- In what ways has home economics today been influenced by the absence as well as the presence of themes which have been assumed to

(Continued on page 48)

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[1] The set of rules and code book may be obtained by contacting the author.

PARTNERS IN DEVELOPMENT

REPORT OF THE XIVTH CONGRESS OF THE INTERNATIONAL FEDERATION FOR HOME ECONOMICS

Lila E. Engberg

The theme of the XIVth Congress of the International Federation for Home Economics was *Home Economics, A Responsible Partner in Development.* It was the first time since the Federation's founding in 1908 that the Congress had been held in a developing country, thus the theme *partnership* was selected. Manila, in the Philippines, was a long way to travel but six of Canada's eight members were there, at the Council meetings, to represent CHEA and various regions in Canada. One of the representatives, Carmelle Therien-Viau, from Quebec, was reelected Treasurer-General for a four-year term. Carmelle is to be congratulated for her willingness to continue the difficult task of managing the finances of the organization at a time when there is a shortage of funds. Another Canadian to be congratulated is Linda Reasbeck, of Kempville, Ontario, who accepted a two-year term as one of five IFHE vice-presidents. Linda was the chairman of the IFHE Congress when it was held in Ottawa in 1976. She has been an executive member for the past two years, and is now responsible for the whole of the Americas Region: Canada, USA, Mexico, Central America and the Caribbean.

Official Delegation from CHEA — Wanda Young, Saskatchewan; Jean Steckle, substitute for Gloria Baxter, Ontario; Lila Engberg, CHEA; Margaret Arcus, B.C./Alberta; Marilyn McDowell, Atlantic Provinces.

What does a Congress accomplish? Why do home economists join the Federation and meet together every four years? This year 29 countries were represented by 116 official delegates at the Council meetings which preceded the Congress. There were 12 from Africa, double the number at the Council meeting held in Ireland in 1978. There were 24 from Asia and South Pacific compared to five delegates who came to the meeting in Ireland. Forty were there from Europe and 40 from the Americas Region. These were the official representatives, but about 1400 including 800 from the Philippines attended the five-day meetings of the Congress. This was more than first anticipated, and a much wider geographic representation than ever before. Some home economists may have come for the informal exchanges and the generous hospitality of the host country but many participated actively in the meetings and the discussion.

Emphasis on the first day of the Congress was on the identification of development issues which are of concern throughout the world. A paper read for Michel Petit, Professor a l'E.N.S.S.A. from Dijon, France, presented the economist's point of view. He stated (1) that a 4.4% increase in food production will be required per year in order to meet the world needs for food, as many countries are now suffering a deficit of agriculture production; (2) increases in population size and changes in age structure are placing greater pressures on our resources; (3) management of natural resources (our forests, soils, water, minerals) is becoming increasingly difficult and (4) finding employment for all is impossible in economies which are heavily industrialized. A decrease in material capital was predicted for the next ten years, therefore, a need to invest in human capital. Given these changes, families will need to examine their limited resources and the use of family members' time. Women may decide to join the labor force and get an income but what will be the opportunity costs? Petit challenged us to consider how and by what means the pressure on people and on different economic groups could be better understood and rectified.

Philip Langley, senior researcher with the Pan African Institute for Development in the Cameroons, asked us to question what development is all about. He suggested that there is now an organized protest against the conventional development model or government planned scheme in favor of

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Dr. Lila Engberg is Associate Professor, Department of Family Studies, University of Guelph, Guelph, Ontario and CHEA's representative to IFHE.

strategies to change internal and external power relationships. According to Langley, we need to ask "which technologies will help ordinary people to gain more control of their daily lives? Which social groups will be the bearers of this alternative technology? Through which means can the home and family play an active part in creating, using and spreading the use of the technology?" He described historical developments in Africa which have led to a heavy work load for women and depletion of food reserves. He suggested that alternative technologies would need to be built up gradually, through experimentation together with the people in their own locality. Research and training must be complementary and supported at macro level as well as in the micro region. There are popular inventions carried out by creative people in every region. These local initiatives need to become better known and supported. Langley remained with us throughout the Congress challenging our profession to acknowledge its potential for working more closely with rural families and influencing national decisions.

Similar ideas were introduced to the Council members the previous week by Nena Bustrillos, home economics officer from FAO Rome. Dr. Bustrillos reported six issues that came out of the world conference on Agrarian Reform and Rural Development in 1979: the importance of access to better utilization of land, water and other natural resources; people's participation in development; access to inputs, markets and services; development of non-farm rural activities; integration of women in rural development; and the fact that education, training and extension are fundamental needs for improving the skills and knowledge of the rural population. This FAO conference was the first ever to focus on the rural disadvantaged, and to acknowledge the vital role of women. Dr. Bustrillos indicated that there were two major policy issues that came out of the conference: growth with equity, and people participation. A participatory kind of research was urged in order that professionals work in a social context with local people and facilitate joint discovery and development of technology. FAO has been called on to extend assistance to national governments and now has seven standing committees to follow up on the recommendations.

A mini-workshop on how home economists could become partners in rural development with policy planners and decision makers was held one afternoon during the council meeting. Six work-groups were formed who later reported to the Council. Almost every group stressed the need for building a stronger knowledge and research base, stronger leadership and delivery skills. We need to develop better mechanisms for working with people at grass roots level. We need to use IFHE and the pool of resources available throughout the world, and make links, with other disciplines. If we worked in terms, our involvement, influence, and output would be increased.

Vice-president, IFHE
American Region
Linda Reasheck

Dr. D.L. Umali, FAO Regional Representative for Asia and the Pacific was highly critical of institutionalized injustices which have led to absolute poverty throughout the world. He talked about the factors which constrain or facilitate cooperation. If we are to develop partnerships, radical structural reforms are needed. Umali stated that: "There are no partnerships with ordinary people and few involve women. Women do not have key posts in the typical planning agency . . . . In spite of the scrutiny brought about by the UN *Decade for Women,* most planners and administrators are only marginally conscious of women . . . . Agriculture extension is directed almost exclusively to men. Funds for agricultural research go largely to cash crops grown by men . . . . They tend to bypass staples grown by women . . . . Development planning agencies are staffed by urban-based and urban-educated elites . . . . The home economist rarely interacts with other specialists . . . . Curricula remain hurriedly-adopted copies of Western models . . . . Concepts of planning, resource use and technology in Western textbooks bear little relation to the real world of the overwhelming majority . . . . Special programs for rural women, nutrition feeding, foodgrain subsidies are fragmentary projects and deal only with the consequences of poverty, not the causes. Rural people are fed up with meetings and rarefied academic exchanges." According to Umali, "The most urgent task that home economists have before them is an activist role: to prod planners and administrators to translate all the paper proposals into specific *village level* action programs, with stress on serving the poorest sectors. The focus should be on involving and organizing women, working in partnership with them to bring about larger structural reforms." So, we must understand the underlying courses of income disparities and take action at several levels: international, national and village levels.

Injustices occur throughout the world. While those in rural areas of developing countries may be talked about more frequently, there is maldevelopment and problems in urban settings of industrialized countries as well. Sheila Hopkinson, Education officer with the British Council in Britain reminded us of some of those: the drift to the cities, unemployment, overcrowding, poor housing, lack of services, break-up of the traditional way of life, malnutrition, isolation, stress, and delinquency. She illustrated the scenario in sections of highly industrialized Liverpool in England and urged us to think about how our profession could participate with others in dealing with these important urban issues.

A reactor panel of six home economists, two from industrialized counand four from less developed countries followed the key note presentations on rural and urban development. The representative from Latin America reinforced the point of view that we admit "no partnership exists" and that it will not exist until members gain an academic stature equal to other professions, develop a research base and improve the quality of their programs. There is an urgent need for help from IFHE and from other agencies such as

FAO, UNESCO and UNICEF, she said, in order to assist home economists in Latin America. The work is fragmented and not convincing enough to policy makers who direct rural development. It must have a new focus directed to the use of material and human resources, to the participation of families in economic activities and to the improvement of home technologies.

Dr. Potoff from Germany called for political training as well as economic training. More women must be prepared to participate with men in policy making. Home economists can more actively pursue partership opportunities by exploring the implications of professional versus political points of view. The professional focus tends to be on science or education but the focus of policy planners and decision makers is on politics. Dr. Constance McKenna from the Cooperative Extension Service of the University of Nevada made these points and suggested we join the world of political action. A prerequisite to meaningful involvement at policy level is personal and professional credibility, then a working relationship with others who are acting on problems dear to the hearts of the policy planners.

Matsuyo O. Yamamoto, home economist director of a Total Life Development Centre in Japan, was one of four speakers on a panel discussing management of human and nonhuman resources. Her reason for establishing the Centre in 1977 was to promote a human-oriented rather than an economy-oriented society. She stated that the urgent business of the Centre was to establish a theory of *total life,* and to develop indicators which would measure the quality of life and serve as guidelines for a better human life. Unlike previous work in home economics which has tended to compartmentalize life into individual fields of food, clothing, housing, "we hope to grasp life in its totality", Yamamoto said. The basic needs for a good life were grouped into three categories: (1) living in good health, (2) enjoying culture in daily life, and (3) developing harmonious human relations, sharing mutual responsibilities within the family and in society. Total Life Counselors are trained in the Centre and a service is provided for a wide variety of educators and professionals in consumer affairs. Hers was one example of going beyond a narrow specialty in home economics.

Treasurer, IFHE
Carmelle Therien-Viau, Montreal

Another panel member, Dr. Surhet Malham from the University of Delhi, India, also stressed the need to develop human resources, particularly the literacy, self-employment, and general knowledge of women. Women need an increased income but so does the whole family. Francille Firebaugh from Ohio State University stressed .... "the need to take a system's view of the family and consider the interrelationships of the family with other systems in working toward income expansion .... Accumulation of material assets is important for the security of families and the women's share of assets is important in family economic behaviour. Home economists have the capacity to understand the family economy and the role of women, and to participate in integrated projects." According to Firebaugh, "Integration includes the need to bring women into the mainstream of improving the effectiveness of the production and consumption processes. For rural women, this means getting involved in agricultural production, storage and marketing and in improving consumption in the home". Again, the focus was on the total life of individuals and families. Home economists need to help the development process and resource expansion within families and within the local community.

Energy management was another major resource issue. Wendy Matthews, the Home Service Advisor of the British Gas Corporation urged the home economics profession to take a lead in helping families reduce their dependence on oil and gas. Families must demand alternatives and work towards improving the efficiency with which energy is used in the household. In the Western World, we must question and assess the growing number and variety of energy using appliances. The role of the home economist in issues related to energy consumption and management is crucial.

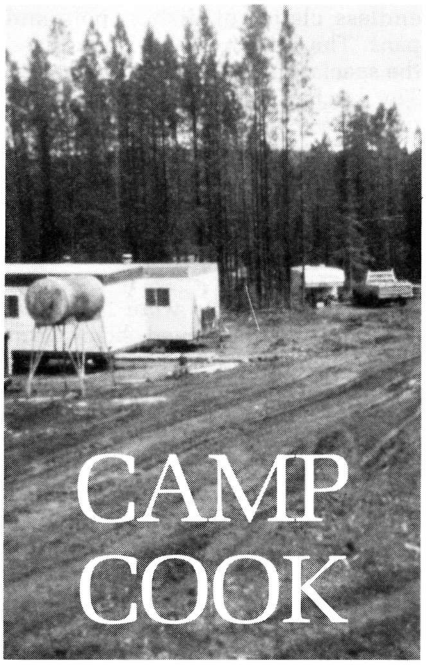
These are only a few of the highlights from the Congress. Among others was the afternoon spent in sub groups listening to the presentation of research papers organized by Dr. Maria Thiele-Wittig from Germany. It was the first time that research sessions had been scheduled at a Congress. Expending and sharing our research is one of the urgent concerns of the home economics profession.

The constitution of IFHE was changed during the council sessions so that there could be five rather than three vice-presidents. Each vice-president is to represent one of five geographical regions: the Americas, Europe, Africa, Asia and the South Pacific. Regional meetings were held during the Congress in order to facilitate contact and action on a more localized basis. A report of the Guatemala meeting held in 1979 was given to the meeting of the Americas Region. *The Link* an international newsletter of AHEA is to be used as a beginning step in making contact. A regional meeting is scheduled for Latin America in 1981. Canadians who are interested in becoming more active in international activities should contact their local IFHE representative or the International Development Committee. Local committees can study the resolutions developed at the Congress, draw up their own plan of action, and become more fully committed to working as partners in development.

The Congress of the International Federation accepted a plan of action drafted by working groups during the Manilla meeting. The plan suggested direction for a program of work for all member organizations and is presented here as a guide for us:

- To influence public policy planning by:
  - becoming better acquainted with government plans and policies which affect families,
  - re-organizing of areas of work in home economics in order to meet the needs of vulnerable groups,

(Continued on page 48)



CAMP COOK

Beverley Ann Elliott

Beverly Ann Elliot is a third year nutrition student at UBC. During the summer she worked for Teck Explorations as a camp cook. Next year she would like to expand her knowledge of foods by working in a hospital or clinic in the Yukon or NWT.

A new decade — a new profession. I am presently enrolled in the Human Nutrition Program at UBC with graduation coming in the spring of 1982. In order to expand my knowledge and to gain practical experience in handling foods, I became the cook for a coal exploratory camp in Northern British Columbia during the summer of 1980.

The campsite was hidden in the Rockies approximately an hour and one-half drive in a 4 × 4 to the nearest town of Chetwynd. The water supply was hooked up to a nearby mountain stream. Eight tents were erected to accommodate the men, warehouse, and recreation room. Two trailers were installed: one a combination kitchen and washroom; the other was for my accommodation plus the office. The average number in camp was 13 persons. Geologists were analyzing coal beds and the feasibility of future coal mining while loggers were dropping sophisticated instruments down the drill holes to obtain geophysical logarithmic printouts on the density, porosity, and overall condition of the bore hole. Surveyors were coming and going, as well as slashers who were building new access roads for new drilling. Bombardiers were used for transport between the campsite and the coal rig. The Cat was used mainly for levelling roads and moving the coal rig, but also frequently pulled stuck trucks out of the many mud holes. A Winky Drill was constantly bouncing around the larger coal rig, taking samples of smaller depth holes. On occasion, a government inspector would drop by, or personnel from the head office in Vancouver would visit the camp. As the summer progressed, the office became laden with papers, charts, maps, films, coal samples, and the incessant mud layer on the floor.

I was usually the first one up in the morning and on duty about 05:30. After the preliminaries of breakfast preparations, I would awaken the men and another day would begin. Each day was the same routine. There were no days off. A standard question was: "What day is it?" There was little contact with the outside world. Although a TV was in the *rec* tent, it didn't always work. Newspapers and magazines that came into camp were quickly distributed and read voraciously by everyone. It also seemed that I was the last person to go off duty each day.

Breakfasts were individually made to order. The grill was busy with pancakes, hash browns, eggs turning into scrambled, omelettes, easy-overs, French toast, lots of bacon and sausages keeping warm in the oven, and often a poached egg or two cooking on a burner with a pot of porridge beside it. Fresh juice was made in the blender when time permitted.

A lunch bar was organized each morning on top of the chest freezer. For others, who would be at camp during lunchtime, a hot lunch was generally prepared. Soups were a standard item, and there was always plenty of vegetable cooking water, bones from roasts, hams, and chickens to provide an abundance of basics for soup stock. Left-overs from the main meal were often re-heated and served for lunches.

Planning and cooking dinners can be a delight! Because there are so many recipes and foods available in today's world, my approach to cooking has always been to try something new at every opportunity. The camp was no exception. My policy was to have each dinner a unique menu. Many meals were classic basic dishes (steaks, roasts, etc.) but the methods of preparing sauces, vegetables, salads, and the like were constantly varied. A usual question was: "What is it?" I believe it was the first time for some to try such dishes as eggplant, perogy's, taco's, aspic, and tourtières.

Groceries were brought to camp by the *expeditor* twice a week. There were plenty of fresh vegetables, fruits, meats, and dairy products, in addition to the basic grains, spices, and staples found in all kitchens. The average grocery bill was slightly over $1,000 per week. Groceries would arrive any time during the day — depending on the schedule of the expeditor. Sometimes they arrived just when dinner would be ready to be served and mild chaos would occur as the men shared the load in carrying in boxes and crates, invariably plunked down on, or beside, the eating tables and chairs. The expeditor would buy items marked on the grocery list, which meant thinking of meals a week in advance. Sometimes, too, I would request an item which would not be available, or a substitute item would be sent, or perhaps the other extreme where too much of one commodity would be purchased. This situation necessitated constant flexibility in menu plans. Also, the unexpected often occurred: the propane might run out; the water cease; or simply the minutes might pass all too quickly and the menu would need to be altered to accommodate the crisis.

Creating a meal is a form of art — an edible sculpture. When planning a plate, I visualized colors, shapes, and scents. The meat was the base item; the other foods were chosen to harmonize and complement the whole. Hence, as each person served himself, he would create a colorful, appetizing plate. I also became aware of the similar response in males toward food and women. When attractively presented along with enticing scents, the male face beams with delight and anticipation. My daily pleasure was to watch each face as the fellows carried their plates from the serving area to the table. I rated the success of each meal by the expressions on their faces.

I kept my ears open to special requests, and did my best to cook that favorite dish. Unusual eating habits were prevalent: one fellow requested that I save pickle juice so he could pour it into his coffee; another often refused the main meal in order to eat yogurt, hard boiled eggs, and hot chocolate. Some were cautious and critical of the type of foods they would eat, while others would taste everything and enjoy all foods presented. Some often opted for no dessert or preferred fresh fruits, while those with a sweet-tooth were constantly probing the kitchen and sniffing for any signs of goodies.

Some camps have access to the kitchen area restricted to set hours. I allowed my kitchen to be open 24 hours a day. Since I had limited time to socialize, I felt one alternative was to let the kitchen become a meeting place. I also allowed everyone access to the "frig" and the freedom to nibble on whatever foods they wished. The coffee pot was always hot. I believe this system helped overall morale. There is something very homey about a warm kitchen and something reassuring about opening a cupboard (or frig) and confirming the availability of foodstuffs. At the same time, it did create more dirty dishes, more mud on the floor, and occasionally the disappearance of a particular food item for a planned recipe. I considered these minor, however, when compared to the little extra joy and satisfaction created in the camp.

I let each man carve the roast individually to their liking; or, if the meat was already sliced (for example, chops or cutlets) each man could choose his preference and number desired; and casseroles such as lasagna were self serve to let each select the size of serving he wanted. The game for me was to decide correct proportions. I must admit to under and overestimating a few times. *Baked salmon balls were not too popular.* One time I cooked sirloin chunks in a tomato sauce. One fellow looked at it and began to bark playfully — and that connotation was enough, I believe, to turn everyone off.

I tried Chinese cooking. One dish was garlic spareribs. Some men were having third helpings, so that by the time the latecomers arrived for dinner, nothing but the tangy garlic sauce remained. For them, the meal was still adequate in bulk but they lost out on one dish.

Another time I was luckier. I stuffed and roasted five large chickens with the intention of offering cold chicken for lunch the next day. An unexpected total of twenty persons arrived for dinner that evening. (A helicopter arrived with new people, a mechanic came in with the expeditor, and two surveyors joined the camp.) Needless to say, there was no chicken for the next day. Instead, chicken soup was the main menu item.

One embarrassment was the day I cooked a large roast of beef. It was placed in the oven that morning, smothered with bar-b-que sauce and slowly roasted. The 18:00 hour crew enjoyed their portions. By 18:30 the roast was considerably diminished and looked rare. I cut off a few slices and simply grilled them for those who desired well-done meat. With the remainder, I slathered more bar-b-que sauce over the roast, popped it back in the oven and turned the heat full-blast. At 19:15, two latecomers arrived for dinner. The bar-b-que sauce was burnt to the bottom of the pan and the now tiny roast was still rare — just not my day!

The job was not just cooking. There was also mopping floors, cleaning washrooms, scrubbing the grill and ovens, defrosting refrigerators, planning grocery orders, keeping track of the budget, putting away food when it arrived, taking phone messages on the mobile phone, washing and drying dishes. The pace was demanding. I requested a helper, and at the end of the first month, an assistant arrived. This allowed more time for meal planning, and other activities — especially relaxation.

One form of escape from the kitchen was to drive the garbage to the dump, approximately three kilometers away from the campsite. Only then did I realize the awesome silence of the Rockies — broken by the chirping of birds and the haunting whirl of winds as it swayed the tall skinny jack pines and spruce trees. Too soon, back to the familiar sounds of the kitchen — the constant roar of the generator parked immediately outside the kitchen windows, the water pump churning periodically, the effective grill fan that eliminated smoke fumes as well as conversation, the blender, the mixmaster, the heavy kitchen door opening and closing with thuds, and the endless clatter of dishes, pots and pans. The little freedom emphasized the spacial confinement of the trailer. The kitchen was approximately 2.5 metres by 9 metres, with a chest freezer, two refrigerators, a large propane grill with two ovens and four burners. Two long tables stacked with ketchup, pancake syrup, and other condiments completed the furnishings.

The biggest pests were the bears. When the camp opened, black bears were seen often. Mosquitoes were plentiful. Then field mice invaded the trailer — all food had to be securely wrapped or else put away. Houseflies replaced the mosquitoes in August. Then the curious bears re-appeared, bolder than ever as they hovered around the kitchen trailer. Two were shot during my stay at the camp. Skunks, rabbits, wolves, and martens were reported by various workers but caused no great alarm to the camp.

Often the men were reading labels on jars and packages, and questioning me about food additives, diets, metabolism, how certain dishes were prepared . . . there were times when I wished I knew more about foods than I do. The job was excellent training for my intended career as a nutritionist. I hope I am already helping people be more aware of their daily eating habits and the importance of a balanced diet.

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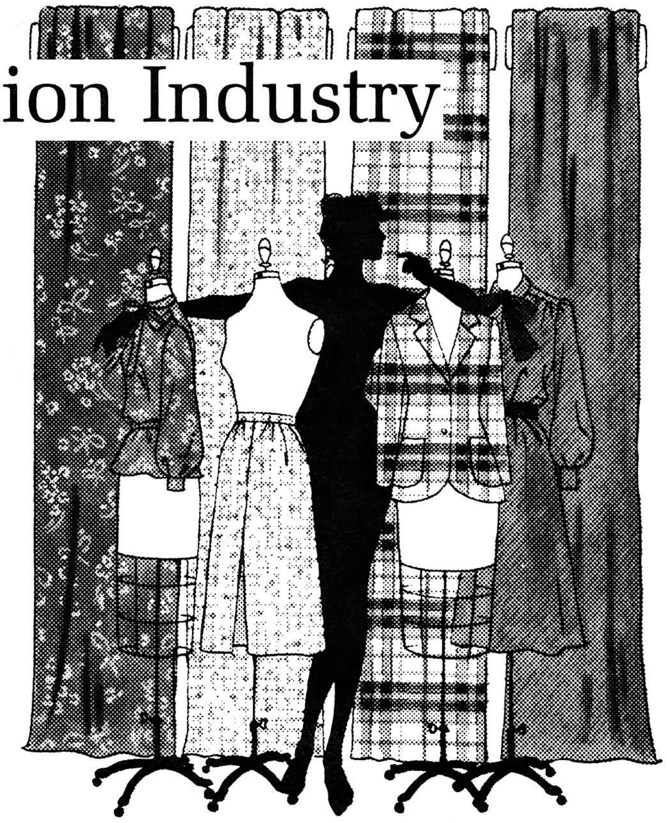
The Manitoba Fashion Industry



Julia A. Ewing

Résumé

Il est surprenant que, il y a 80 ans, au centre du Canada, loin des fournisseurs et des marchés, Winnipeg ait développé une importante industrie du vêtement. Aujourd'hui, c'est le troisième plus grand centre du Canada. Les grandes usines modernes sont bien différentes des ateliers exigus du passé. Les premières usines étaient de typiques petites affaires familiales dont la survie dépendait de l'ardeur au travail du propriétaire et de sa soif de succès. A présent, une usine ne peut être viable que si elle adopte des techniques industrielles sophistiquées. Les enterprises qui n'ont pu changer ont disparu. Celles qui restent prospèrent grâce à l'expertise de leur personnel professionnel et technique. L'économiste qui a une formation dans le vêtement ou les textiles peut jouer un rôle vital dans les domaines du design, de la production, des techniques marchandes et de la direction.

Summary

It is surprising that 80 years ago, in the centre of Canada, far from suppliers and markets, Winnipeg developed an important garment industry. Today it is the third largest centre in Canada. The large modern plants are very different from the cramped loft spaces of the past. The first factories were typically small family operations, their survival depending on the owner's dedication to hard work and appetite for success. Now a plant can only remain viable by adopting sophisticated manufacturing techniques. Firms that could not change, died. Those that remain flourish by using the expertise of professional and technical staff. The home economist with a background in clothing and textiles, can play a vital part in the areas of design, production, merchandizing and management.

Julia A. Ewing

Canada has hundreds of specialized garment factories. Although Montreal and Toronto are the major centres, it is often forgotten that Winnipeg is Canada's third largest (Benham, 1974). About 90 firms produce outerwear, jeans and pants, knitwear, misses coordinates, children's wear, furs and leathers (Winston, Note 2). The garment industry in Winnipeg is the largest employer after the food and beverage industry (Benham, 1974). Last year, Winnipeg's 8,300 garment workers produced an estimated $240,000,000 worth of goods (Winston, Note 2).

Manitoba's garment trade began about 80 years ago. Since then it has continued to grow, although, through mergers and attrition, the number of firms has decreased (Winston, Note 1). From producing basic garments it has blossomed into a fashion industry. Many enterprises are still housed in the original buildings in downtown Winnipeg just off Portage and Main. However the renovated premises bear little resemblance to the original interiors. New single storey plants have been built in industrial parks and in rural Manitoba.

How it all Began

Why did a garment industry start up in the middle of Canada? Manitoba, with its agrarian economy, was far from both suppliers and markets. The initiating force was consumer demand. To survive harsh winters and hot summers in Manitoba, comfortable clothing for farmers and railway workers was essential.

Julia Ewing is a University of Manitoba graduate. She is presently an administrative assistant at *Olympic Pant and Sportswear*, Winnipeg, Manitoba. She is a former project leader for the Fashion Design Training in Industry Extended Program '79.

Prior to the birth of local industry, clothing supplies came from Eastern Canada. To stock their shelves, Manitoban merchants had to place their orders long before the patterns of customer demand for the season were known (Hastie, 1974). In good years, when farmers were flush, clothes would be in a shortage. When crops were poor, clothing sat on the shelves as expensive inventory. Entrepreneurs saw that the profitable solution was to have a closer centre of supply, namely local manufacturing.

Families from Eastern Europe fled from persecution and abject poverty to Canada in the late 1800's. Many of these immigrants were skilled tailors, dressmakers, furriers and milliners (Benham, 1974). They arrived with their skills and sewing machines combined with a desire for a better life in Canada.

Warehouses used during the construction of the trans-Canada railway were vacant and provided abundant and inexpensive space for factories. Fabrics and other goods necessary for production were easily brought in by rail. Winnipeg was the rail distribution centre for all transcontinental goods. All the elements for a viable industry were there: a market, skilled labour, suppliers and the facilities for production.

Evolution of the Industry

The Red River settlers depended on sheep for the family's clothes (Hastie, 1974). The fleece was shorn, spun into yarn, woven into fabric and sewn into garments. All these processes went on in the family unit, and were the duty of mother and children. Later, steam boats brought dependable supplies of fabrics from Eastern Canada, Europe and the U.S.A. The family no longer had to spin or weave. Imported ready-to-wear garments became available (Hastie, 1974) in Winnipeg shops.

In the first decade of this century customized clothing for a select clientele was offered, thus reducing the part played by the family. In 1880 there were 20 tailors or small establishments producing men's wear and 12 dressmakers or milliners producing ladies' wear. About 164 people were employed (Benham, 1974). These businesses however, catered to only a small number of consumers, not the mass market of farmers and labourers.

Mr. N. Haid established the first mass production plant in 1899: the *Western Shirt and Overall Company* (Fanset, 1967). Modern apparel manufacturing was thus established in Winnipeg. A few months later the *Western King Manufacturing Company* (Fanset, 1967) increased the supplies of shirts and pants for the farmer, railway worker, and man in the bush.

From 1900-1925 Winnipeg blossomed as a clothing centre. Men's work clothes headed the parade of locally-made garments, but later the products of cloak factories widened the range available (Winston, Note 1). In 1912 Winnipeg's first furrier opened its doors (Newman, 1977). Most establishments were family run businesses owned and operated by Eastern European immigrants who worked long and hard to be self-sufficient.

Women's coats and suits entered the field under the banner of *Faultless Ladies' Wear* in 1910 (Fanset, 1976). Between 1900 and 1912 at least one factory a year was established (Hastie, 1974), so that by 1912, 19 firms, which included clothing for men, women, and children, operated in Winnipeg.

Courtesy of Manitoba Archives

Interior of W.J. Hammond's Tailoring & Furriery Department — 1904.

The opening of the Panama Canal and the First World War stimulated expansion of the industry (Newman, 1977). The Canal was an alternative and cheaper route for goods travelling from east to west. Since Winnipeg was no longer the only distribution centre for western Canada, many of the city's warehouses became vacant. At the same time the owners rushed to set up sewing machines in the low cost loft spaces, to fill the war government's orders for uniforms, tents, kit bags and parachutes.

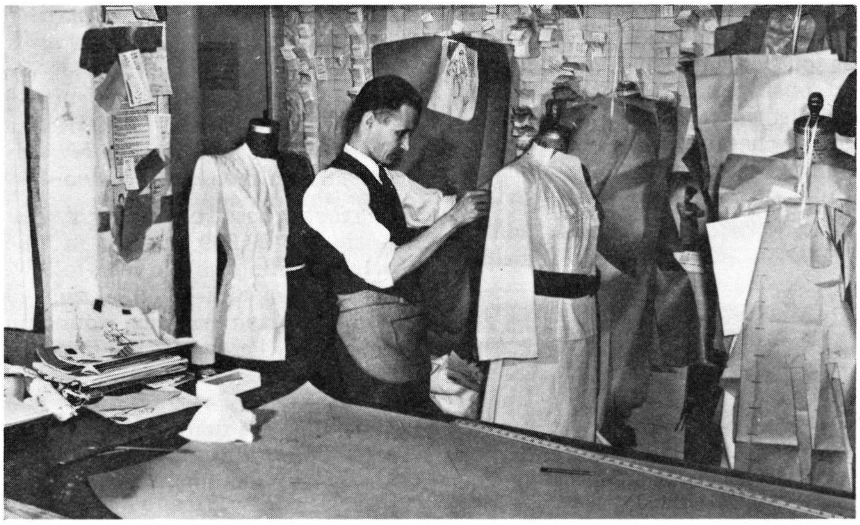
When the armistice came in 1918 many factories could not quickly change back to making civilian clothes and between 1918-21, 11 firms failed (Hastie, 1974). In the early years after the war the economy blossomed and many new factories challenged the old pioneer firms. By the end of the 20's there was a solid base of well established enterprises many of them still flourishing today. Many firms failed during the depression, but many prospered by producing economical but fashionable shirts, women's suits and men's trousers (Newman, 1977).

The Second World War in 1939 again resulted in large government orders for clothes for the Canadian servicemen (Hastie, 1974). Factories expanded and new firms were founded which continued after the war to make uniforms for the services as well as for such civilians as milkmen, waitresses and policemen.

Winnipeg's garment industry grew haphazardly. New firms started up while marginal operations were squeezed out. Technological changes advanced so quickly that the old ways in which the industry was conceived became obsolete. The small family operations could not attract the new professionals or buy the new machines. Small businesses struggled but faith that hard work was the solution to all problems was no longer true.

A Break for a Bright Future

The 60's brought dramatic changes in the troubles of the Manitoba manufacturer as competition from imports gave the first twinges of pain (Newman, 1977). Low priced, low quality



Winnipeg Garment Manufacturer — Cutting Operations c. 1940

Courtesy Manitoba Museum of Man and Nature

products from Asia flooded into Canada. In counter attack Manitoba manufacturers tried to penetrate the more stylized and higher priced market by improving the quality of their goods and thus temporarily thwarting the Asian competition. However by the late 60's these countries exported not only cheap items but also mid and high priced goods as well. The success of the entire Canadian industry was in jeopardy. Canada could not compete with countries whose workers earned about 40 cents an hour. Trade would have to be restricted so that the Canadian manufacturers could increase their efficiency.

Tariffs and Quotas

Why restrict trade? Why not let the forces of a free market favour those countries that, thanks to cheap labour, are competitive? There are several reasons why the garment industry in Manitoba and in Canada as a whole, must be preserved. First a sound Canadian economy demands a favourable balance of payments. To avoid a trade deficit we must not export all our primary products and import all the finished products we need. Without protection the jobs of 7,500 Manitobans and 100,000 Canadians, plus those of their suppliers and service people would disappear (Newman, 1977). Moreover the consumer expects a selection of both domestic and imported clothing in the market place.

In 1970 the *Federal Textile Policy* aimed to stimulate production methods in the industry so that it would become more competitive internationally. It restricted the volume of clothing imported. This was first done by imposing quotas for only one year. Long term plans could not be made and manufacturers found them almost useless. In response the Board rolled back imports to 1975 levels, to be reviewed in 1980.

Exporting: Growth in the Mid 60's

In the mid 60's Manitoba had much success in exporting outerwear to the U.S.A. and Europe. The Manitoba Export Corporation joined with the industry in an exhibition of outerwear in Chicago and Minneapolis in 1964. American buyers liked the *Canadian Look* in winterwear and exports for 1965 reached $870,000 (*Exports*, 1967). Now 90% of Manitoba's garments leave the province (Wood, 1972). In 1980 Manitoba will host an intense export thrust, the *Canadian Outerwear Fashion Fair* (COFF).

The Critical Look at Industry: the Commission Report

In 1969 the Manitoba Department of Industry and Commerce in a frank and critical report (*Report of the Commission*, 1969), said that growth in the garment industry in Manitoba had been stagnant or shrinking for some years. There was too little reinvestment of capital by too many small firms making a few basic and conservative garments. Productivity was low, wages high, and this was accompanied by poor management and supervision.

The Commission recommended first; a new intensive marketing program to expand both domestic and export production of more stylish garments; second, re-education courses for management and supervisory personnel; third, creation of a garment centre to counteract the difficulty in recruiting employees because of the industry's poor reputation. The Commission hoped that a garment centre would generate confidence that there was a bright future for the apparel industry in Winnipeg. For the industry to change, the lowest common denominator, the single firm and its owner, would have to reform. Government policies and financing provide assistance but not support. In response to this, Manitoba manufacturers formed the *Manitoba Fashion Institute.*

The Manitoba Fashion Institute

In 1969, 100 progressive manufacturers, about 75% of the industry, created this non-profit organization (*Garment Makers*, 1970). Its aims were to improve efficiency, increase training facilities, expand trade, publicize Manitoba as an apparel centre and attract enthusiastic, trained, young people (Wood, 1972).

The Institute promoted the industry by advertising and public relations programs. It offered management seminars, courses in patternmaking and marking to improve the skills of those presently employed. A school for sewing machine operators was set up to improve the chronic shortage of skilled operators. Another program for supervisors at the high school level began in September 1980 and will concern patternmaking and grading, production operation and principles of merchandising. For young people who wish to make a career in the industry the Fashion Institute provides technical and managerial courses. Lectures, workshops and plant tours are provided for university home economics students enrolled in the clothing and textiles option. The Institute serves as a catalyst to unite manufacturers and attain common goals.

Fashion/Canada

Fashion/Canada's *Designer Development Program* has attracted university students in home economics and recent graduates to enter the industry. Fashion/Canada is a federal non-profit corporation set up to "create a national climate of fashion awareness through consistent promotion of good design and workmanship by Canadian designers" (*Fashion/Canada*, Note 3).

In 1970 Fashion/Canada created its *Fashion Design Assistance Program* (*Fashion/Canada*, Note 3) in Montreal, Toronto and Winnipeg. The program, *Fashion Design Training in Industry*, places students within local garment firms, providing a *hands on* approach to manufacturing techniques. Students enrolled in a fashion design related course (at the university or community college level) can join the 12 week program. Similarly, graduates can join the *Extended Program* of 26 weeks. Both programs focus on the manufacturer's approach to design, production, marketing and management.

Since the program's beginning in 1974, manufacturers and students both recognize the opportunities for the professional home economist. However, this understanding comes slowly to the manufacturer. The old attitude that knowledge can only be gained by many years of practical experience is still prevalent. Perhaps as affiliation programs between university and industry increase, this view will finally be discarded. To meet student needs, the Faculty of Home Economics at the University of Manitoba added courses in fashion illustration, the apparel industry, drafting and grading.

The Home Economist's Role

"On the job experience" in the fashion industry is often haphazard. Many manufacturers fail to provide their recruits with comprehensive training programs. Knowledge of all areas of the firm's operation is essential when making sound decisions.

Numerous trainees consequently become disillusioned and direct their careers outside of industry. Nevertheless, for the individual home economist with a strong will and lots of confidence, the industry offers a future.

The clothing and textile major has the academic background suitable for a design, production, merchandising or a management position. Courses such as flat pattern, drafting, grading and construction familiarize the clothing and textiles student with the fundamentals of garment design. Knowledge of textile properties and testing techniques have significant value in the quality control area of production. Moreover, the clothing and textile major often elects subjects from business faculties, providing the theoretical tools for merchandising and management positions. Clearly, the home economist with a clothing and textiles major now has the capacity for a career within the garment industry. Manitoba's industry extends a special invitation to those willing to accept a challenge. ●

Courtesy of Manitoba Museum of Man and Nature

Winnipeg Garment Manufacturer
Design Area c. 1940

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Higher Ed Pays Off More For Men Than Women

According to a StatsCan report released in April, it still pays to get a university education but the rewards are greater for men than women.

The report, based on a study of what happened to 29,609 students in nine provinces during the two years following their graduation in 1976, showed that more women than men wound up unemployed. Those who did find jobs were paid less than men with an equivalent education, and, even though post-graduate education increased opportunities for men, it had virtually no effect for women.

Social Sciences and Humanities
in Canada, June 1980.

First International Conference on Human Comfort

The first international Conference on Human Comfort will take place in August 1981 in Portugal. All aspects of the subject will be included in the programme, which will consist of a mixture of lectures, given by internationally-recognized experts, and discussion periods. Topics to be covered in lectures include psychological aspects (such as privacy, social distance, spiritual comfort), physiological aspects (such as thermoregulatory and sensory mechanisms, thermal and noise stress) and physical aspects (such as the contributions of textile, clothing, design or transportation factors). In addition, up to twenty specific areas of interest (depending on the interests of the delegates) will be examined in depth.

A major purpose of the Conference is to bring together specialists in a relatively narrow area of interest related to comfort so that they can share their expertise and, in return, learn more about other aspects of human comfort outside their normal professional field. For this reason, it is hoped that all delegates will be willing to contribute a brief presentation to one or more of the discussion sessions.

Further details of the subject matter, information concerning registration, and application forms are available on request from Professor K. Slater, Textile Science Division, University of Guelph, Guelph, Ontario, Canada, N1G 2W1. Accommodation facilities are limited, so attendance is restricted and early application is advised. The **deadline for registration is February 1, 1981,** and requests will be handled in strict order of receipt.

Abstracts of Current Literature

Submitted by
School of Food Science
Macdonald Campus of McGill University
Ste Anne de Bellevue, Québec

Managerial behavior of young families in pursuit of single-family home ownership.

M. Winter
1980
Journal of Consumer Affairs, 14: 82-95.

Home ownership is an important goal for many families in our society. Since we are in a period of rapidly rising housing costs, it would seem that reaching this goal would be more difficult. However, the rate of home ownership and, in particular, the rate of ownership by young families is increasing. This study examines how young families manage their resources to reach the goal of home ownership.

The framework for this study is based on the systems approach to management used by Deacon and Firebaugh. If the housing behavior of young families is analyzed in this framework, then the author suggests two alternatives that could be utilized to reach the goal of home ownership. The family can either increase the amount of resources devoted to housing or establish standards that allow them to reach their goal with the available resources.

The author hypothesizes that the managerial behavior of young owner families is different from that of young non-owner families and middle-aged owner families. Results of the study show that with regard to allocation of resources, young owners had higher increases than young non-owners. Young owners also spent more on housing than young non-owners, although the percentage of income allocated to housing was the same for both groups. In comparison to middle-aged owners, young owners had lower incomes and a higher level of housing expenditures.

Families also have the alternative of changing their standards for space, quality or location in order to reach the goal of home ownership. The findings indicate that young owners had higher persons-per-room ratios than young non-owners. Also, the young owners had higher quality housing than young non-owners, but lower quality housing than that of middle-aged owners. More young families were home owners in small communities than in large communities, possibly due to the fact that housing costs are often much less in the smaller communities.

The author concludes that overall the most important factor that contributes to young families reaching the goal of home ownership is having a higher income level than that of other young non-owners. Changes in resource allocation and shifts in standards can still be made in order to attain ownership of a single-family dwelling.

Lanita C. Reardon

Haute couture: A 15-year perspective of fashion influences, 1900 to 1925

Dorothy U. Behling and Lois E. Dickey
1980
Home Economics Research Journal, 8, 6: 428-436

The early 20th century saw dramatic changes in haute couture. This study of 17 French periodicals from the late eighteen hundreds to 1925 and two fashion books published in 1908 and 1911, analysed the changes, to determine what influenced them. Since art and theatre have strong influences on fashion, periodicals concerned with art and theatre were studied as well as the fashion periodicals. As no French periodical was published from 1914 to 1918, Harper's Bazaar, an American periodical, was also used.

The objective of the study was to document and analyse yearly changes in women's gown fashions. 822 designs from couture houses and from artists/illustrators were photographed, and the slides were analysed in detail. From these analyses the mode for each year was established and also the introduction of innovative designs was identified.

From the analyses, four major periods emerged: 1) late eighteen hundreds to 1908; 2) 1908 to 1913; 3) 1914 to 1919, and 4) 1920 to 1925. Since change is gradual, it was necessary to look into the 19th century where it was seen that the theatrical personality, Sarah Bernhardt, wore the empire silhouette long before it was introduced by the House of Doucet in 1902 and became the mode from 1911 to 1914.

Although Paul Poiret is widely acclaimed to be a major change agent, this study found that the Houses of Lanvin and Doucet featured more trend-setting designs from 1904-1910. According to the Russion artist Romain de Tirtoff, known as Erté, Paul Iribe, who illustrated "Les Robes de Paul Poiret", 1908, was probably the innovator of many designs attributed to Poiret. "Les Choses de Paul Poiret vues par Georges Lepape", 1911, also had an enormous impact. Lepape's use of strong primary colours in fashion were probably influenced by theatrical designer Léon Bakst. Bakst designed for Diaghilev's Ballets Russes from 1909 to 1921 and introduced the harem pants featured by couture houses in 1910, in the ballet 'Scheherazade' in 1909.

During the period 1914-1918, Erté who had worked for the House of Poiret until its closure in 1914, was featured extensively in Harper's Bazaar.

The 1920-1925 period was in a state of flux until 1924 when the common stereotype of the 20's — the straight tube — became prevalent.

The major conclusions of the study are that Iribe, Lepape and Erté, through the House of Poiret, exerted major influences on fashion, and that to recognize one couture House only as a change agent is incorrect. The change is too complex to be contributed to one person.

M. Elizabeth Murphy

Trends affecting adolescent views of sexuality, employment, marriage and child rearing.

J. Walters and L.H. Walters
1980
Family Relations, 29: 191-198.

The authors of this article present a historical overview of research literature to determine the continuity and change of views about family life between the generations. They conclude that there are four emerging major changes within society that subsequently have had a strong influence on the views of adolescents about the family. These changes pertain to sexual standards, the occupational goals of men and women, commitment in marriage and standards of child rearing. The change in sexual standards involves greater acceptance of sexuality in the social milieu and more individual self-determination in sexual matters. Consequently, adolescents readily accept premarital sex and view marriage as only one of the relationships in which sexual intimacy could be acceptable. Changing views about occupational goals have resulted in a greater number of gainfully employed women and an expansion of career choices. Thus, adolescents more readily consider women as equal partners in earning the family income. In relation to changing standards of child rearing, greater self-direction in the regulation of behavior also has affected adolescent views of family life and personal choices. ●

Dolores L. Shymko

Food colors

Institute of Food Technologists
1980
Food Technology 84: 77

Food Colors is the most recent scientific status summary by the Institute of Food Technologists Expert Panel on Food Safety and Nutrition and the Committee on Public Information. Since 1972, this joint group has published twenty reports on controversial food, nutrition and health related issues. As concise authoritative reviews, using the minimum of scientific jargon, they provide accurate information for: media usage, consumer education, and professionals in other fields.

The food colors summary reviews the: psychology of color perception and product acceptability, history of color additives and development of government control, present Canadian and American safety and toxicological testing regulations, and present research being conducted on natural colorants. Using the questionable safety of Red No. 2 (aramanth) as the example, two current but divergent themes in North American science and consumerism are presented. One theme is that safety is not absolute but relative, and is best assessed on the basis of data gathered by the scientific method. However, scientists involved in food additive studies have shown honest, professional differences of opinion in the interpretation of collected data. The second theme is that of the consumer's desire for absolute safety, although it is known that nothing we eat can be considered absolutely safe for all consumers under all conditions of use. The concept of safety defined as the absence of hazard is introduced. They stress that in the case of food additives, the degree of risk inherent in using any compound must be compared with the benefit it provides.

Karen Lapsley

Predicting performance in knitted cotton fabrics

Press release from the
International Institute for Cotton,
Manchester, England
1980
Canadian Textile Journal, 97, 8: 36.

The Technical Research Division of the International Institute for Cotton, Manchester, England, is conducting extensive research into the possibilities of engineering knitted cotton fabrics to meet specified end-use requirements.

Selected samples of interlock, rib, and single jersey construction knitted up in a comprehensive range of yarn counts, stitch lengths, and machine gauges, are being subjected to a variety of finishing processes. Properties, including lustre, hand and dimensional stability, are checked in the fully relaxed structures, before and after wet processing.

At the end of the program, it should be possible to see the combined effects of initial fabric construction, methods of dyeing and finishing upon final fabric performance. Ultimately it is hoped to predict in advance what fabric structure must be knitted, in order to achieve end-product satisfaction when the finishing route is known.

Although much research remains to be done, a paper published by Jill Stevens in Knitting International, May 1980, gives some of the quantitative data. Cross-linking not only imparts dimensional stability, but also enhances the durability of the mercerisation process. However, mercerisation, whilst adding strength, lustre and colour brightness, consistently changed the fabric's dimensional stability. Thus, a change in stitch length during construction would be necessary to compensate for this change.

Extensive wear trials, using garments with a variety of construction and finishing variables are planned. However, from the limited wear trials that have been conducted, it has been found that fabric shrinks less in garment form than in the original piece good. Unfortunately, the difference in the shrinkage is not predictable.

The solution to this problem and the results of other tests should be of great interest when they become available.

M. Elizabeth Murphy

The CHEJ welcomes letters from readers. Letters should be brief, must be signed and include writer's address. The CHEJ reserves the right to edit letters for length.

Reminder: The Canadian Home Economics Association Foundation is pleased to accept memorial gifts and will forward a card of notification to the next of kin.

Book Reviews

The Canadian Woman's Almanac. By *Ruth Fremes.* Agincourt: Methuen Publications 1978, 272 p.; $12.95.

Singles and young mothers are most likely to benefit from *The Canadian Women's Almanac* for an introduction to home and family-based roles for women, even though author Ruth Fremes has tried to capture the widest audience possible.

The overall scope might interest professional home economists for sociological updating, to know where women are and where they might be going within the context of home planning and family economics. Secondary school teachers would find the book helpful as a reader in family studies programs.

Two major drawbacks are the book's reinforcement of traditional roles for women in home and family, and its scattered organization. The pregnancy/infant care role is excessively emphasized compared to minimal discussion of women in adult social-interactive roles outside the home. Most professionals and children are presented in the male gender. This is curious for an otherwise forward-thinking volume of facts and information. The poor organization results from ambiguous section titles, charts and lists without headings, and similar content spread in different sections. The precision of a quick-reference almanac is lost.

Ms. Fremes lends her vitality, to what seems like an excited effort to fill a sociological gap in women's guidance materials. Her many years in home economics, broadcasting and writing offer strong perspectives on some of our current social issues: day care, breast- vs. bottle-feeding, life insurance and credit financing for women, birth control responsibilities, abortion, adolescents and drugs. She stresses the importance of nutrition for all life cycle stages and includes recipes.

Many references are from Ontario and the United States, but national contacts are presented in several lists by province and sometimes by city (1978) of community and crisis centres, provincial nutritionists, planned parenthood groups, transition houses.

It may be attempting too much and parts are already out-dated, but it is lively food for thought.

Reviewed by:
Mary P. Zeldin,
Saskatoon.

Costs and Benefits of Nutritional Care Phase 1. By a *Committee of the American Dietetic Association* to develop a research study protocol on the cost/benefit analysis of ambulatory nutrition care. Chicago: American Dietetic Association, 1979, 87 p.; $10.00

The designated ADA committee was asked to document research findings that would support legislative initiatives and facilitate efforts toward obtaining reimbursement for nutritional care services as a component in health care delivery programs. Nutritional care is defined as nutritional assessment, nutrient supplementation, nutrition education, and nutrition counseling services provided to clients by registered dietitians. Supportive data was obtained relative to the relationship between nutritional status and disease prevention, to the intervention effective in modifying behaviors and resulting changes in nutritional status and to the cost/benefit assessment of effective ambulatory nutritional care. The chapters of the report relate to intervention programs for specific population groups. Committee members have authored each chapter.

Chapters include nutritional intervention during pregnancy, intervention programs to improve health care for children, intervention programs in atherosclerosis and programs for the elderly. In addition there is a review of the benefits and costs of nutritional care, a description of federal food assistance programs in the United States, and an overview of cost/benefit analysis.

Each chapter is well documented. The review related to atherosclerosis includes studies which compare benefits and costs of intervention programs, studies which document the risk factors and potential benefits from reduction of risk and the intervention approaches.

The chapter on cost/benefit analysis includes a discussion of methodology to be used in assessing cost/benefit ratios. Nutritionists who are planning assessment programs would find this information useful. The kind of quality data and records needed to do cost/benefit analyses is described. Cost/benefit analysis is used primarily to make decisions about the allocation of resources. Dr. Tolpin also discusses the limitations of the use of cost/benefit analyses.

This monograph is a useful resource for university students who are studying the evaluation of nutrition programming, for dietetic associations who are attempting to use cost/benefit analyses to support the reimbursement of nutrition counseling services and for public health nutritionists who are planning intervention programs.

Reviewed by:
Vivian M. Bruce
Faculty of Home Economics
University of Manitoba, Winnipeg

Nutritional Management of Genetic Disorders. Edited by *Myron Winick.* New York: Wiley Interscience, 1979, 231 p.; $24.50

This book is the eighth volume in the *Current Concepts in Nutrition* series. The 13 chapters discuss nutrient metabolism and nutritional management of genetic diseases involving vitamin D, amino acid metabolism, lactose intolerance, cystic fibrosis, hyperlipidemias, diabetes and obesity.

All chapters are reviews of material already published, with one chapter (II) being a full reproduction of an article published in 1977. Although very little new information is contained in this book, the information presented is a good balance of nutrient metabolism and practical dietary advice. The chapters on vitamin D and B_{12}, and on enzyme deficiencies of the urea cycle are especially well written. The nutritional management of adult and juvenile diabetes and of pregnant diabetes is discussed in terms that are easily understood. Three chapters deal with lipids, the topics ranging from obesity in man and rodents to the nutritional management of hyperlipidemias. The latter subject matter is discussed in detail and the author's view on the role of dietary cholesterol, fat, carbohydrate, fiber, alcohol and protein in the management of hyperlipidemias are clearly expressed and offer much practical advice. The book concludes with a brief description of the possible beneficial effects of dietary polyunsaturated fatty acids in the management of cystic fibrosis.

The book is designed primarily for physicians and nutritionists, although it can be appreciated by anyone with more than an elementary knowledge of nutrition. The book is well written and should appeal to its intended readership. One negative aspect of the book is that many of the figures are too complex. Simplified versions of the figures would make it easier for the reader to interpret the data.

Reviewed by:
Patrick Stapleton,
Department of Human Nutrition
University of British Columbia, Vancouver

The Book of Tempeh. By *William Shurtleff and Akiko Aoyagi.* New York: Harper and Row, 1979, 160 p.; Paperback $8.95.

This book presents information about Tempeh (pronounced TEM-pay), an Indonesian fermented food made from cooked soybeans (or other legumes, seeds, cereals, or even coconut) bound together by Rhizopus mold. It begins with an excellent description of Tempeh and concludes with an appendix listing Tempeh Shops in the West, including Canada. In the eight chapters, the authors discuss various topics including soybeans as a future protein source and the role Tempeh can play in meeting world protein shortages. There are chapters containing easy-to-follow detailed instructions for making Tempeh starter and for preparing Tempeh at home, in communities or commercially. The book also contains many Western-style Oriental and Indonesian Tempeh recipes such as Tempeh Burgers, Tempeh Fondue, Crisp Tempeh Chips and Tempeh Cubes in Coconut Milk. In addition, the authors have provided extensive nutritional information, over 2000 illustrations, a glossary of terms, bibliography and an index for the reader.

This easy-to-read book should be a useful reference for the home economist and teacher and of particular value to those individuals interested in preparing or cooking with Tempeh.

Reviewed by:
Zenia Hawrysh, Ph. D.
Faculty of Home Economics
University of Alberta, Edmonton

Consumer Skills. By *Irene Oppenheim.* Peoria, Illinois: Chas. A. Bennett Co., 1977, 415 p.; $10.60.

A high school textbook written to help the young consumer cope with the complexities of the marketplace. It deals with a wide range of topics such as packing a suitcase, converting to metric, choosing life insurance and the consumer's role in the economy to name just a few. The book is divided into five major sections: Managing Money, Sharpening Your Shopping Skills, Protecting Yourself, Looking Ahead, and the Environment and the Economy. Each section is a complete unit and therefore the book need not be read in sequence which adds to its flexibility.

The major drawback of this book is the American content regarding legislation and taxation which would necessitate supplementing it with Canadian information. This can be confusing for some students.

The case studies, discussion problems and class activities at the end of each chapter may be of interest to teachers as a means of expanding the various consumer topics to meet the needs of specific groups of students.

Reviewed by:
M. Peabody,
Consumer and family Studies
Ryerson Polytechnical Institute, Toronto

Concepts in Clothing (First Canadian Edition). By *Judy Lynn Graef and Joan Buescher Strom.* Montreal, Toronto: McGraw-Hill Ryerson, 1979, 280 p.; $13.89

Concepts in Clothing encompasses the personal, financial, social and creative aspects of clothing. Half of the book is devoted to clothing construction. A glossary is included at the back.

Although the information is not new, the presentation is refreshing with many colorful action pictures and sketches, highlighted objectives and summaries, ideas for individual and group projects, and important terms listed at the end of each chapter. As a consultant to the authors, Mary Humphries at Seneca College, Toronto, has ensured the inclusion of Canadian content. Perhaps, without deliberation, a *quality of life* philosophy is projected. However, the dynamic nature and current appeal of the book will be lost with time, despite an apparent effort to limit the number of quickly dated clothing styles.

Designed for introductory clothing classes, *Concepts in Clothing* is appropriate for all-boy, all-girl, or co-ed high school classes or as a teacher's guide for junior high school courses. The book would be best used as a survey text, supplemented by other materials and teaching aids.

Reviewed by:
Rosemary Polegato
School of Business Administration
University of Western Ontario, London

Single Father's Handbook: A Guide for Separated and Divorced Fathers. By *Richard H. Gatley and David Koulack.* Garden City, New York: Anchor Books, 196 p.; Paperback $6.50.

Learning to become a parent is difficult at best, and learning to become a single parent is even more so. Since in most cases it is gained only through on-the-job training, this book is intended to provide newly separated or divorced fathers with a guide to help them through the transition.

The authors are both psychologists and themselves divorced fathers. What they have written is unique in that it discusses, in a frank and yet obviously compassionate manner, what men in that situation can expect to experience. For example, it addresses topics that range through informing the children of an impending separation or divorce; arranging custody and visitation; dealing with relatives and friends; handling new romantic relationships; to what to feed the children on visits.

(Continued on page 57)

Happenings

The **Ontario Home Economics Association** held its first annual meeting in September, 1980.

Did you know? . . . **1981 is the International Year of the Handicapped Person** and **1982** is to be the **Year of the Elderly.** We are currently in the **1976-1985 Decade for Women.**

Nominations are being accepted for **The Elizabeth Chant Robertson Award-1981.** The purpose of this award is to honor Dr. Robertson, the internationally known Toronto physician and nutritionist who was a founding member of Toronto Nutrition Committee. The award is given annually to an individual, group of individuals or organization who have made an outstanding contribution to nutrition education in the Metro Toronto area. Possible nominees could be authors, educators, students, community groups, interdisciplinary groups, social service agencies, food companies, catering firms or health foundations. Further information is available from the Toronto Home Economics Association, P.O. Box 285, Postal Station S, Toronto M5M 4L7.

May Maskow, President, Canadian Home Economics Association, is to be the home economics education specialist for the Toronto Home Economics Association's **Caribbean Project.**

The Annual Conference of the Canadian Home Economics Association will be held July 6-9, 1981, Toronto.

The November 1980 issue of University Affairs contains an announcement of interest. The Social Sciences and Humanities Research Council is considering four new areas for strategic grants. Included is **research on Canadian communities,** the **family** and the **socialization of children.** Workshop reports are available from SSHRC, 255 Albert Street, P.O. Box 1610, Ottawa, Ontario K1P 6G4.

The **University of Saskatchewan** is inviting applications and nominations for the position of **Dean of Home Economics.** Deadline: December 31, 1980.

Margaret Fitch of Hawaii was elected president of the International Federation of Home Economics. She will be IFHE's president for the next four years.

Many of the major programs and the affairs of **Merrill-Palmer** are to be transferred to Wayne State University. The *Merrill-Palmer Quarterly* will also be transferred to Wayne State.

The fifth Western Canadian **Conference on Family Practice** will be held **May 25-29, 1981** in The Banff Centre, Banff, Alberta. The theme will be "developing skills for working with families with special needs". The conference objectives are to provide participants with opportunities to: learn innovative approaches to family work; improve communication among those involved in family practice; and to develop skills for working with families who have special needs. **For more information contact** Dr. David Freeman, Chairman, Banff Conference Committee, School of Social Work, University of British Columbia, Vancouver, B.C. (604-228-6207).

Nutrition and Athletic Performance

Preliminary results from a survey conducted by Professor Eva Lee, of Saskatoon, indicate that amateur coaches could benefit from information relating nutrition to athletic performance.

Professor Lee, who is with the College of Home Economics at the University of Saskatchewan, conducted the survey for Sask Sport among a representative sample of coaches in Saskatoon. She also developed a slide-tape show that coaches can use to interest athletes and their parents in the nutritional needs of athletes, and a manual on facts and fallacies in nutrition and sports that can supplement the slide-tape show or be used alone.

Coaches in hockey, basketball, football, track and field, and swimming were asked a variety of questions about the amounts and kinds of food athletes should eat during the pre-season and the season, pre-game meals, the use of vitamin and other supplements, and the general importance of nutrition in athletic performance.

Coaches of younger athletes seemed less well informed about nutrition than coaches of older players, "which is disturbing because the earlier years are when nutrition is most important." She suggested the difference may be due to younger players being frequently coached by parents with no formal training in coaching. However, she is looking into this further.

As a group, coaches of 12 year olds and under answered 49 per cent of the questions correctly, coaches of 13 to 19 year olds, 51.5 per cent, and coaches of older athletes, 61 per cent.

Professor Lee is recommending weekend workshops for amateur coaches in which they could obtain up-to-date practical information on nutrition and how it relates to athletic requirements.

Her slide-tape show, which she produced with the University's Division of Audio Visual Services, is an 11-minute program entitled "Andy and the Fairy Godminister", which attempts in a humorous way to make viewers more conscious of nutrition. The manual, entitled "Nutrition and Sports — Facts and Fallacies", presents the key facts associated with nutrition and athletics in a more formal and detailed manner.

Among other things, it gives practical suggestions for parents and young athletes about meeting nutritional requirements for different sporting events. Included is information on balanced diets, energy needs, junk foods, meal patterns, carbohydrate loading, and salt and fluid requirements. It also explodes such fallacies as the belief that athletes in training require foods that are especially high in protein, pointing out that the average Canadian diet, if it is a balanced one, has enough protein for increasing muscle mass. In addition, it states that salt tablets are unnecessary for athletes, are often not well tolerated, and may be dangerous if taken without plenty of water. For further information, get in touch with Professor Lee at (316-343-3922).

Partners in Development

(Continued from page 36)

  - participation in timely national and international movements (for example, the International Year of the Handicapped Person, 1981 and the Year of the Elderly, 1982),
  - co-operating with other professional organizations,
  - forming links with specialized agencies of the UN, with national and world-wide AID giving agencies,
  - learning to use effective communication strategies and all forms of the mass media.
- To consider ways of educating and retraining home economists to enable them to become more effective in all areas of work related to the family. In addition to the technical skills attention must be given to:
  - understanding the political, social, economic and cultural environment,
  - development of all facets of the human being throughout the lifespan,
  - functional literacy,
  - equal opportunities for men and women in all programs of education and training
  - home economics programs for boys and girls at all levels of education,
  - non-formal education,
  - actions related to increasing the participation of women in development.
- To develop stronger links between Member Organizations of IFHE in different areas of the world.
- To provide a forum for the dissemination of current research in home economics and to initiate international research projects relevant to the needs of families.
- To strengthen the organization of IFHE by considering:
  - long-term planning (eight years),
  - regional activities and alleviation of the workload at headquarters,
  - increase of membership,
  - alternative funding sources. ●

Reprints of research and general articles are available. Minimum: 50 copies. Orders must reach the business manager's desk within 30 days of publication.

Lake Placid Conferences

(Continued from page 33)

have been fully developed in the *Proceedings?*

- To what degree does home economics today reflect the development and priorities established in the *Proceedings?* Was there any conflict among them?
- How should the themes which were recorded in the *Lake Placid Conference Proceedings* be utilized today?

The potential benefits of clarifying historical dimensions of the field are many. As a result of such clarification, professionals will be able to integrate more fully, and to be more consistent in what they believe, study, and do. In turn, they will be able to project a clearer picture to those outside the profession of what the purpose of the field is and what services are provided by home economists. Phase I is a contribution toward achieving these ends. ●

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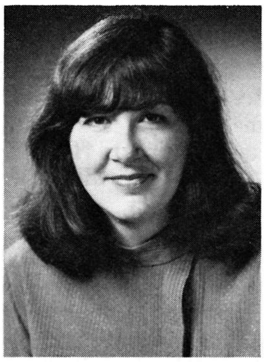
Acknowledgements

This paper was reviewed by Dr. Dianne Kieren, Professor and Chairperson, Family Studies Division, Faculty of Home Economics, University of Alberta, Edmonton, Alberta T6G 2M8; edited by Rosemary Carter, Vancouver, Canada; and Lorraine Neville, Victoria, Canada was the outside coder. The research was supported by a grant from the Humanities and Social Sciences Committee at UBC.

GROCERY PRODUCTS MANUFACTURERS OF CANADA



Marilyn Knox

The appointment of Marilyn Knox as Technical Services Director is announced by David Morley, president of the Grocery Products Manufacturers of Canada. Ms. Knox, a public health nutritionist formerly under contract to the Health Protection Branch of Health and Welfare Canada, will work with member companies on technical issues, as well as being involved in government liaison for the GPMC.

The Grocery Products Manufacturers of Canada is the association of food, beverage and associated grocery product manufacturers, representing Canada's largest manufacturing industry.

New Publications and Visuals

J & P Coats

A variety of educational materials are available from J & P Coats (Canada) Inc. Their most recent brochures deal with energy saving ideas to keep warm — ideas on learning to knit and crochet.

Several booklets are available at a small charge, and discounts are available on numerous products. Write to: J & P Coats (Canada) Inc., P.O. Box 519, Station A, Montreal, Quebec H3C 2T6, for a complete list of their educational products.

Films for the Mentally Handicapped

More and more home economists are involved in teaching skills of daily living to slow learners or the mentally handicapped. A number of films are available for rental or purchase. Some of the films are useful with the students; others are aimed at developing teaching skills of the teachers themselves. Topics include areas such as sex education and role playing. Write to: Educational Division, Hallmark Films & Recordings, Inc., 51-53 New Plant Court, Owing Mills, Maryland 21117, for a description of their resources.

From Northern Saskatchewan

A series of 11 activity packages has been developed using consumer information in a format and at reading levels suitable for adult basic education. The packages are intended for use in formal classes and learning centers, with or without an instructor.

The Money Go Round packages in the series feature a serialized story with a northern Saskatchewan setting. The activities in them deal with basic money management, understanding paycheques and filling out forms necessary in local employment situations.

"Stretching Food Dollars" packages cover areas entitled "Label Talk", "Shape Up Your Shopping", "The Big Sell" and " 'Best Before' Dates".

The third area — "To Buy or Not to Buy" deals with decision making and credit buying of a major purchase such as a car or furniture.

The packages were written by instructors and consultants in northern Saskatchewan and the "Money Go Round" stories were illustrated by a local artist, Myles Charles.

For copies of the series write to: Sharon Feschuk, Home Management Consultant, Northern Continuing Education, Box 5000, La Ronge, Saskatchewan S0J 1L0

Starting Early

Starting Early has been developed with the assumption that children should be equipped with the knowledge, skills and sensitivity to make independent decisions relative to the personal and social problems that they will confront now and in the future.

Starting Early consists of three sections. The first is directed at the students. The second & third are directed at the teacher. These pages can be reproduced for classroom use and teachers should feel free to use whatever photocopying or duplicating means they have for this purpose.

Division levels indicated on each page are only suggestions. Some activities are adaptable to various grade levels. Others will be useful as introductory, motivational, review or *rainy-day* situations. Each teacher will have to choose the activities that are best suited to their students' needs.

For copies of *Starting Early* write to: Saskatchewan Consumer Affairs, 1871 Smith Street, Regina, Saskatchewan S4P 3V7

Stay Well

Two new *Stay Well* series leaflets are now available from Metropolitan Life.

Healthy Aging contains advice on ways to stay well in later years, and covers medical checkups, nutrition, exercise and safety, along with the importance of a positive attitude and purposeful social activities. This leaflet should be of particular interest to community groups concerned with promoting healthy aging.

Keeping an up-to-date personal health record is an important part of good health care. The revised *Personal Health Record* features space for noting one's medical history, periodic exams, immunization record, health insurance policy number and much more.

Copies of these two pamphlets can be obtained from: Metropolitan Life, Canadian Head Office, 99 Bank, Ottawa, Ontario K1P 5A3

Audio Conference Cassettes

Simon Fraser University has a number of 90 minute audio cassette conference tapes available at $5.00 per tape.

One series entitled *Micro-computers in the Classroom* examines both the need for establishing computer literacy for students and the possible uses of micro-computer technology in an instructional mode.

Another series entitled *Family Choice, Schooling and the Public Interest* takes both a comparative and a historic look at the family vs the state.

A third series is entitled *The Female Athlete,* and a fourth series is on *Bilingualism and Multiculturalism in Education.*

For more information on these conference tapes write to: SFU Publications, Continuing Studies, Simon Fraser University, Burnaby, B.C. V5A 1S6

Take A Break

Fitness and Amateur Sport have designed a new package as a follow-up to the popular *Exercise Break* program it launched two years ago.

This new package entitled *Take A Break!*, is a booklet with a record in a pocket at the back. The booklet gives tips on exercising and instructions for two exercise routines to follow while listening to the music. The seven-minute record is 33⅓ RPM.

This new version is aimed at individuals in the home as well as groups such as office workers or school children. It is designed to be enjoyed by all ages, as a relaxing break from routine.

Take A Break! is a program of light exercise for daily use. It is not intended as a substitute for a complete fitness program.

Single copies are available to exercise break leaders and to individuals for home use. Small quantities will be given to health professionals for use in group work or counselling. Write to *Take A Break*, Fitness and Amateur Sport, 365 Laurier Avenue West, Ottawa, Ontario K1A 0X6

Fitness Posters

Two new full-color posters (18" x 24") have been produced by Fitness and Amateur Sport.

The Bilingual poster *How To Burn 100 Calories* shows stylistic drawings of cross-country skiing, tennis, gardening, bicycling and walking. It indicates the distance or time necessary to burn 100 calories.

Balance, a poster available in English and French, shows a scale on which "energy in" (food) is balanced by "energy out" (recreation & activity).

Single copies of these posters are available to fitness leaders, health professionals and others involved in conducting fitness classes. Write to: Fitness and Amateur Sport, 365 Laurier Avenue West, Ottawa, Ontario K1A 0X6

Standard Brands

Just one of the many publications from Standard Brands is *Making Soap with Lye*. With renewed interest in back to the basics, this free publication should prove popular. *Lye on the Farm* and *Lye in the Home* are other free booklets in this series.

For these publications, and for information on ordering some of their other publications on such topics as: *Dietary Control of Cholesterol, Cooking With Egg Beaters, Sodium Restricted Diets Can Be Delicious*, write to: Standard Brands (Canada) Ltd., 1408 Birchmount Road, Scarborough, Ontario M1P 2E3

Canola

Canola is different. This year's Canola crop may look like the rapeseed crop of a decade ago, but that's where the similarity ends. During the early 1970's plant breeders changed the genetic composition of rapeseed, and improved its quality so much that in 1978 members of Canada's rapeseed industry decided that a new name was needed. Canola was the name chosen to identify the crop and the products made from it.

An attractively presented publication on Canola that includes uses, nutritional information and recipes is available free from: Canola Producers of Alberta, 9934 - 106 Street, Edmonton, Alberta T5K 1E1

Agriculture Canada

Food & Nutrition in Day Care Centers (No. 1689)

This publication was originally prepared and published by the Home Economists Directorate of the Manitoba Department of Health. Recipes have been tested by the Food Advisory Division. Under the provisions of the Federal-Provincial Co-ordinating Committee, Agriculture Canada edited and printed this publication in recognition of 1979, the International Year of the Child and made it available to all day care centers across Canada. The booklet covers topics such as planning menus, serving size of food, safe food handling, mealtime atmosphere, snack time, food games and activities as well as quantity recipes for 20 servings. Its primary use is to be a daily guide for operators of day care centers.

Home Baked Bread (No. 1696)

This booklet presents a wide variety of recipes for yeast products as well as information on how to choose the right ingredients, how to store bread and how to freeze bread dough.

To obtain a copy of these publications, write to: Information Services, Agriculture Canada, Ottawa K1A 0C7 ●

UNIVERSITY OF SASKATCHEWAN

DEAN OF HOME ECONOMICS

Applications and nominations are invited for the position of Dean of Home Economics with the appointment to be effective July 1, 1981. The initial term is normally for five years and may be renewed by mutual agreement.

The College of Home Economics currently has a complement of 12 full-time faculty including the Dean. The curriculum has been revised recently into two main divisions, namely, (1) Family and Consumer Studies, and (2) Foods and Nutrition. Enrolment in the four year baccalaureate program for 1980-81 is about 180 full-time students. The University has approximately 10,000 full-time students registered in 14 colleges and three schools.

Applicants must have appropriate academic and professional qualifications and the necessary leadership and management skills to direct the development of these programs within the College, and of related programs with other colleges and departments within the University.

Nominations and applications with complete resumes will be accepted until **December 31, 1980** and should be submitted to the Secretary at the following address:

Mr. N. K. Cram
University Secretary
University of Saskatchewan
Saskatoon, Saskatchewan
S7N 0W0

Deadline for submission of articles or items for the next CHE Journal is January 15, 1981.

What's New

Nytril Fibers

By no means new, nytril fibers were first produced in North America in 1955, but production was discontinued in 1961. These fibers are reappearing on the market in blended fabrics imported from Europe. Added to either synthetic or natural fibers, nytril will add resilience, washability and weather resistance. Softness would be its most desirable property contributing to a very pleasant hand. Low strength and a low melting point would be its weak points but both are sufficient for apparel.

Update

Each fall the utility companies in Alberta sponsor an update seminar for home economists. With energy conservation education the main emphasis of their programming, most of the resources shared dealt with better use of energy. Kathy Keeler, the home economist with Edmonton Power, extensively researched new products aimed at energy conservation. Thanks to Kathy for sharing the following information.

Lighting

Concern surrounding the high costs of energy particularly with lighting has resulted in some new developments. General Electric has introduced the ***Circlite*** a new circular fluorescent lamp that operates in ordinary incandescent lamps or ceiling sockets with the aid of a ballast adapter. Figures indicate that the lamp will more than pay for itself in energy savings. The 44-watt lamp produces as much light as a 100-watt household bulb.

The energy savings of the Circlite fluorescent over ordinary light bulbs results from its efficiency and long life, about 4 years for the replaceable fluorescent lamp and more than 20 years for the ballast adapter. The complete Circlite retails in the U.S. for about $25.00 and bulb replacement costs run about $13.00.

The light is shaped like a steering wheel with spokes connecting the flourescent ring to a round, screw-in adapter containing the ballast, a device which regulates the flow of electricity to the lamp.

The warm light produced by the *Circlite* is a pleasing color closely matching the appearance of incandescent lighting.

This has just been made available on the U.S. market so we can expect to see it in Canada in 1981.

The ***Electronic Halarc*** is another energy saver. This revolutionary bulb fits standard household sockets and has a high and low setting. The two-level unit is as bright on high as a typical 50/100/150 watt three-way bulb on its highest setting, yet uses only one-third the energy.

Research is also being carried out to develop a *Superbulb* that demands 40 watts of electricity yet produces 100 watts of light.

In an ordinary light bulb, about 90% of the energy consumed is lost as heat. In the *Superbulb* a new coating reflects the heat off the bulb's surface and back to a central filament. This greatly reduces the amount of electricity needed to keep the filament hot and operating at its most efficient temperature.

Both the *Electronic Halarc* and the *Superbulb* are a year or two away from the Canadian market place. But their energy-saving features will make them a welcome addition when they do arrive.

Those who live in outlying, rural areas with fluctuating or high voltage have probably experienced the frustration of premature lightbulb failures. A solution to the problem is the GE Ruralite which is designed for a line voltage of 130 volts. The bulb will function at a line voltage as high as 130 volts or below 130 volts.

Perhaps you are at the stage where you are entertaining thoughts of improving the lighting in certain areas of the home as a concern, then the ***Brightstik*** could resolve the problem. It comes complete, ready to plug in and turn on. It requires no fixture or special wiring. Brightstik provides the same amount of light as a 50-watt incandescent light bulb but demands only 33 watts of power. It will last up to five years with normal useage.

Television

If a talking microwave isn't what you're after Toshiba has a prototype "listening television". This television is designed to memorize and recognize the owner's voice with a voice analyzing unit which transmits the information and the television carries out the requested task, such as changing the channel or lowering the volume.

For Your Car

Just on the market is the ***Power Saver,*** a thermostatically controlled cord that delays the operation of the engine heater until the block has cooled enough to require heating.

The thermostat inside the Power Saver senses the temperature, so that energy will only be used to heat the engine once it falls below a certain temperature. This means, on a very cold day the thermocord will operate for a longer period of time because the engine will have cooled down faster than it would if it was a mild day.

Tests recently conducted by Manitoba Hydro showed that in weather conditions of − 20°C the Power Saver operated an average of 26% on-time.

Another device is the ***Excell Load Divider*** which is designed to plug in two cars for the price of one. It works by switching electrical power from one load to another in approximately 60-second intervals, so that each uses only half its usual power but still receives enough to perform satisfactorily over an extended period of time.

It is useful where only one external 15 amp outlet is available and two family cars are equipped with block heaters and car warmers.

Industry Changes

A few changes have been announced in the manufacturing industry in 1980.

The first came last January when The Bay launched a new line of major appliances under the Beaumark brandname. These appliances are sold at Hudson's Bay locations and at Simpsons stores. Simpsons stores are found primarily in the East and are not to be confused with Sears stores. Sears still carry the Kenmore line of appliances.

The second innovation was announced this September with Canadian Admiral launching the Heritage line of major appliances. The brand is being aimed at the high-end market.

Canadian Admiral markets Canadian Admiral, Speed Queen, Belanger, Simplicity and Guerney brand names.

Just recently an agreement was made whereby Toshiba of Canada will distribute Frigidaire home appliances on behalf of White Consolidated Industries. You may recall, about a year ago WCI acquired Frigidaire from General Motors.

Speaking of refrigerators, some deluxe refrigerators have a compartment for vegetables with a moisture preserve drawer. Since the drawer is sealed the moisture content of vegetables is retained.

CAMA (Canadian Appliance Manufacturers Association) predicts increased awareness of the need to conserve energy and this will be reflected in the manufacturer's emphasis on energy-conserving features on major appliances.

The federal government's Energuide labelling program has played a major role in influencing the manufacturers' design of energy-efficient appliances. Currently, freezers and refrigerators have been labelled.

The U.S. Government has launched their answer to our Energuide Program called *Energyguide.* This too is an appliance labelling program designed to help energy-conscious consumers estimate the annual energy cost of a product, and compare the cost with other models in the same range.

Fast-Freeze Switch

A second new feature on some freezers is the *Fast-Freeze Switch,* which functions as follows: When the Fast-Freeze Switch is turned on the temperature control is automatically bypassed. The compressor will then run continuously, bringing the temperature of the whole box down to its lowest reading. When the content of the freezer has been completely frozen, you then would turn the "Fast-Freeze Switch" off.

By bypassing the temperature control the compressor runs continously. This speeds up the freezing time required for a quantity of food and improves the quality of the frozen product.

A fast-freeze compartment, by comparison, is a section of the freezer which is colder due to the design of the appliance.

Energy Saving News

There are some new moderately priced items that can be implemented in the home to help cut energy costs. Heat loss through windows is very high, so numerous products are available now to help reduce this loss.

Sun-X is an easy to apply, reusable sun control film which reflects up to 80% of the sun's heat and cuts glare. Even though some of the winter sun is reflected away from the house it does not increase fuel costs because the conditions are even throughout the home therefore the furnace functions efficiently and economically.

In winter, the film acts as an insulation to reduce heat loss through the glass. It is available in four colors — silver, bronze, gray and amber.

The *window quilt,* a five-layed roller shade, acts as a shield to prevent warm air from escaping. The inner core, a double layer of polyester batting with an aluminized plastic film acting as a vapor barrier, is covered in an off-white polyester.

Another option for covering windows, particularly basement and garage, is something called coroplast window sheeting. It is a corrugated plastic which can be cut to fit the window with an expected reduction in heat lose of 75%. It adds an R-value of 2.44 to existing windows and allows 74% light transmission.

Microwave Ovens

Microwave ovens are still big news in the appliance world and their growth rate indicates their increasing popularity with consumers as well.

Caloric now has the full-size combination gas range and microwave oven in addition to electric range and microwave oven. This became available in August.

Panasonic and Amana have developed combination microwave/convection ovens. They are designed so that either mode can be used separately or simultaneously to provide the quick browning effects of convection with the speed of microwave.

Many design modifications had to be made to accommodate the combination method of cooking. For the Amana these include:

- insulating the oven cavity
- a new power supply system that allows the oven to operate as a combination microwave/convection oven. The system alternately activates the 1400-watt heating element and the magnetron tube.
- two blower systems were added. One to force hot air down through perforations in the oven top for convection cooking. The second cools all the electrical components and circuitry.

Amana has also designed a Braille Microwave Cooking Kit to be used by the blind. The kit includes special Braille-marked polyester overlays that fit over the timer, power level dials and temperature control dials.

The kit includes audio cassette tapes featuring a "use and care manual", general cooking guidelines and instructions for preparing frozen and convenience foods. The tapes also contain recipes. The kit can be ordered through an Amana Dealer.

Soon to be available are Sanyo's two microwave/gas convection ovens. One can be used with a natural gas hookup and the other with liquid propane. The propane makes it convenient for use in a cottage or a recreational vehicle. The oven can cook with gas and microwave simultaneously, in succession or with either alone.

Sanyo produced the oven two years ago for the Japanese and Australian market and recently introduced it in the U.S.

Adequate counter space in today's kitchens has become a cause for concern and as a result many would-be microwave owners have decided against the purchase because they didn't want to lose the valuable space.

Hotpoint has joined with GE by introducing the ***CounterSaver*** microwave oven which combines the rangehood fan and microwave to be installed above the conventional cooking surface. It beams light down on the cooking surface, has an exhaust fan for external venting plus an optional internal exhaust kit.

Another alternative has been presented by Dacor. They have designed a range-hood fan with a shelf that can hold a full sized microwave oven. This would be ideal for anyone who already has a microwave and wants it off the counter, or for those who have been patiently waiting for a way to have their microwave and counterspace too.

If you've reached the point where you'd like a little conversation while you're cooking then Quasar and Panasonic have the microwaves for you. Both are planning to introduce models with a voice synthesizer which actually speaks to the user during various cooking operations.

Typical voice announcements include the temperature of the food, the cooking time remaining and a call to enjoy dinner when the meal is ready. With the Panasonic, as each pad on the oven panel is touched, the cooking mode chosen is sounded . . . defrost, high, low. ●

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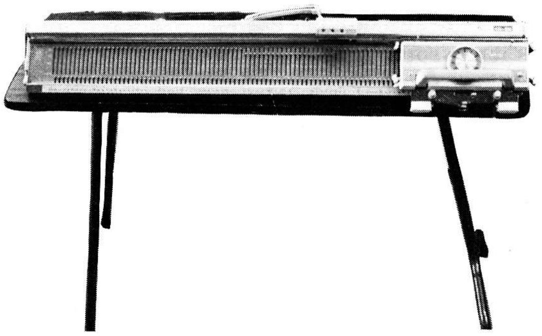

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Call For Papers

An invitation is extended for the submission of **Original Research Papers** and **General Articles** for the *Canadian Home Economics Journal.* Topics relating to the well-being of families and individuals, to social issues, to issues affecting the profession of home economics, and to updating professional knowledge are of particular interest to the readers of the *Journal.* Authors are encouraged to write articles pertaining to the themes listed below but are free to write on other topics of interest to home economists. **The Guide to Authors,** printed on page 54 outlines the procedures to follow when preparing and submitting a paper.

Theme for 1981

Update: Trends '81

Focus On	**Submission Deadline**
Winter: **Social**	October 15, 1980
Spring: **Economic**	January 15, 1981
Summer: **Education**	April 15, 1981
Fall: **Technological**	August 1, 1981

Theme for 1982

Home Economists

Focus On	**Submission Deadline**
Winter: and the **Family**	October 15, 1981
Spring: and the **Community**	January 15, 1982
Summer: and **Business**	April 15, 1982
Fall: and **Education**	August 1, 1982

Canadian Home Economics Journal Guide for Authors

General Articles

The *Journal* welcomes articles of interest to home economists and those who share their concerns. Papers related to social issues, issues affecting the home economics profession, updating professional knowledge, and the professional involvement of association members are of particular value. Themes for each coming year are printed in the Winter issues of the *Journal*. Authors are encouraged to write articles with the themes in mind but should not feel bound by this directive.

Because editing is time consuming and publishing costly, it is essential that articles be concise, accurately documented and thoroughly proofread before submission. The editors reserve the right to edit general articles for inclusion in the *Journal* and to send selected manuscripts out for review. When extensive editing is necessary, papers may be returned to the author for revision. Authors are encouraged to use nonsexist language in their articles. One step in this direction is to avoid the use of "he" or "she" when the content refers to both sexes.

Preparing the Manuscript for General Articles

- Submit manuscripts in English and/or French
- Limit the length of manuscripts.*
- Type manuscripts using double-spaced settings and leave an ample margin on each side of the page.
- Include sub-headings in the article when appropriate.
- Limit the style for references, citations, and footnotes to either that outlined in the *Publication Manual of the American Psychological Association* or the guidelines provided by *The Journal of Nutrition*. For ease in editing and consistency, APA style is preferred. For an overview of APA style, consult the "Citations" and "References" sections under the heading "Research Section" which follows.
- Include an abstract or summary of 100-150 words in French and English. If the abstract is submitted in only one language, translation services will be provided.
- Obtain permission as necessary for the reproduction of graphics to accompany the manuscript. Include a copy of both the permission and the appropriate credit line for each. There is no guarantee that graphics will be returned but every effort will be made to do so. The inclusion of graphics for general articles is encouraged.
- Include a *title* page which contains the following information:
  - Title of paper
  - Name(s) of author(s) and present position(s)
  - Institution or firm with which author(s) is/are associated
  - Degrees held (include granting institution)
  - Additional biographical material as appropriate. A photograph of the author or authors, preferably a black and white glossy, any size should be included if available.
  - Address and telephone number of the author.
- Submit three copies of the manuscript plus a cover letter to:

Betty Mullen
20 Marlboro Road
Edmonton, AB T6J 2C6

Verna Lefebvre
Dept. of Secondary Education
University of Alberta
Edmonton, AB T6G 2G5

Research Section

The goal of this section of the *Journal* is to provide researchers directly concerned with the well-being of families and individuals the opportunity to publish in a Canadian journal. Limit manuscripts to between 8 and 12 pages.

Content

Contributions to this section of the *Journal* include:

- Original research papers.
- Review papers related to topics of current interest
- Research forums

Criteria Used to Evaluate Research Articles

- Does the research report focus on a significant problem in home economics?
- Does it generate new knowledge, confirm or refine known facts?
- Are findings interpreted logically?
- Does it use sound research methodology?
- Is it scholarly, well organized and well written?
- Is it presented in a form and length which makes publishing feasible?

Preparation of the Manuscript

Research papers should be organized as follows:

- Title page
- Abstract in French and/or English on separate sheets
- Text of Manuscript
- References
- Tables (one per page)
- Figures (one per page)
- Acknowledgements (on a separate page)

Title Page

Because papers are submitted anonymously to reviewers, the following information appears only on the title page.

- Title of paper — keep as brief and concise as possible
- Name and present position of author(s)
- Degrees held (including granting institution)
- Institution at which research was conducted and date of its execution
- Name and address of whom galley proof is to be sent
- Number of reprints requested, if any. Information as to the cost is available on request.

Abstract

The abstract page follows the title page and starts with the complete title of the paper but does not contain the name(s) of the author(s). It should be:

- A concise summary of the research and should stand on its own.
- Approximately 100 words in length and should not exceed the maximum of 150 words.
- Submitted in both French and English if possible. If this is not feasible, or if the abstract is submitted in only one language, translation services will be provided.

Text of the Manuscript

The author is fully responsible for correct sentence structure, good English and accurate spelling. The style should be readable with a minimum of specialized language.

- Begin the text of the manuscript on a separate page and type with 2.5 cm margin on all four sides.
- Number each page at the top right hand corner. In the left margin, number the lines of each page. This makes reference to a specific page and line easier for the reviewers and author(s).
- Type double spaced and only on one side of the paper.
- Limit the length of manuscripts.*

Citations

- Citations in the text should be by author's surname, date and pages cited if a direct quotation is used.
  Examples —
    Roach and Eicher (1965) found it necessary to . . .
    Davis (1969, p. 464) stated, "It is . . .
    Recent research (White, 1965; Black, 1967) supports the findings . . .
- Where reference is made to an article by two and three authors, the first time it appears all names must be listed. In any further reference use the first listed author and et al. Where reference is made to an article by more than three authors, it is acceptable to use the first listed author's name and et al. at all times.
  Example—
    First reference:
      Blue, Casey, and Trirud (1969) reported that . . .
    Any further reference:
      Blue et al. (1959) favor and theory . . .

References

All work cited in the paper must be listed among the references. Uncited works should not appear in the references. References are typed on a separate page, double-spaced throughout, alphabetized by first author's surname. Several references by the same author are arranged by year of publication.

Examples *(Note the use of lower case in titles)*

- **Book**
  Bietler, E. & Lockart, B. Design for you. Toronto: John Wiley, 1969.
- **Journal Article** — journal paged by issue Harris, T. The savagery of good will. *Psychology today,* 1973. 6(8), 33-34.
- **Journal Article** — continuous pagination Harper, D. Perceived child rearing. *Perceptual and Motor Skills,* 1977, 44, 1095-1105.

There should be no abbreviation for the names of journals.

- **Doctoral Dissertation**
  Pestle, R. The relationship of pupil-teacher rapport to pupil choice of learning activities (Doctoral dissertation. Cornell University, 1965). (University Microfilms No. 65-3137).

Tables

Tables should be kept at a minimum and only used when they add value to the paper. Type each table on a separate page, double-spaced with complete caption at the top of the sheet. Number each table and refer to it in the text by that number. Indicate the location of the tables as follows:

(Insert Table I)

There should be no vertical or horizontal rules except those in the heading and at the bottom of the table.

Graphs and Pictures

Like tables, graphs and pictures should be limited in number and used only when absolutely necessary. Graphs or drawings should be professionally prepared in India ink with a mechanical lettering device. They should have a clear heading and be numbered, e.g., Figure 1. Like tables, each graph is presented on a separate page with instruction in the text as to the place of insertion.

Style and Organization

Scholarly presentation of the research is the responsibility of the author(s). Organize material in a logical sequence and give enough details of techniques so that other readers can understand clearly the execution of the research.

Additional Information

Authors should consult the *Publication Manual of the American Psychological Association* for additional information not given herein.

Submission of Manuscripts

An author's submission of a research paper implies that the paper is based on original research not published elsewhere. Send four copies of the complete manuscript to:

Dr. Anne Kernaleguen
Clothing and Textiles Division
Faculty of Home Economics
The University of Alberta
Edmonton, AB, Canada T6G 2M8

Upon receipt of a manuscript, the author will receive an acknowledgement of same. Three qualified persons will be selected as referees. Within six weeks the author should receive a letter giving a summary of the referees' decisions, comments and suggestions. Referees may accept the paper as first presented; they may suggest minor changes; they may recommend major revisions or they may reject the paper entirely. If the author agrees with the reviewers' comments the author should incorporate those suggestions in the second draft. If, however, the author does not agree with the suggested changes, the author can refuse to change and provide justification for that stand. The paper will be published as soon as possible after it is accepted.

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* Limit manuscripts to between 8 and 12 pages of double-spaced type (from 2,000 to 3,000 words) excluding references. Reference may be as extensive as required. This results in three to four printed pages in the *Journal.* Manuscripts longer than 12 pages of double-spaced type are considered lengthy and may require extensive editing.

* Limit manuscripts to between 8 and 12 pages of double-spaced type (from 2,000 to 3,000 words) excluding references. Reference may be as extensive as required. This results in three to four printed pages in the *Journal.* Manuscripts longer than 12 pages of double-spaced type are considered lengthy and may require extensive editing.

1981: INTERNATIONAL YEAR OF DISABLED PERSONS

Theme

The United Nations General Assembly has proclaimed 1981 "International Year of Disabled Persons" (IYDP). The theme of the Year is "full participation and equality".

Objectives

The United Nations has identified five principal objectives for the Year:

- Helping disabled persons in their physical and psychological adjustment to society;
- Promoting all national and international efforts to provide disabled persons with proper assistance, training, care and guidance, to make available opportunities for suitable work and to ensure their full integration in society;
- Encouraging study and research projects designed to facilitate the practical participation of disabled persons in daily life, for example, by improving their access to public buildings and transportation systems;
- Educating and informing the public of the rights of disabled persons to participate in and contribute to various aspects of economic, social and political life;
- Promoting effective measures for the prevention of disability and for the rehabilitation of disabled persons.

In Canada

The Federal Government has authorized the establishment of a Canadian Organizing Committee for 1981 to stimulate and coordinate programs in Canada for the International Year of Disabled Persons.

For more information please write to:

International Year of
Disabled Persons (IYDP)
PO Box 1981
Postal Station "C"
Ottawa, Ontario
K1Y 4N9

1981: L'ANNEE INTERNATIONALE DES PERSONNES HANDICAPEES

Thème

L'Assemblée générale des Nations Unies a proclamé 1981 "Année internationale des personnes handicapées" (AIPH). Le thème de l'Année est "pleine participation et égalité".

Objectifs

Les Nations Unies ont identifié cinq objectifs principaux:

- Aider les personnes handicapées à s'adapter physiquement et psychologiquement à la société;
- Encourager toutes les initiatives prises aux niveaux national et international en vue d'apporter aux personnes handicapées l'assistance, la formation, les soins et les conseils voulus, de leur offrir des possibilités d'emploi qui leur conviennent et d'assurer leur pleine intégration dans la société;
- Encourager des projets d'étude et de recherche destinés à faciliter la participation effective de personnes handicapées à la vie quotidienne, en améliorant par exemple leur accès aux édifices publics et aux moyens de transport;
- Eduquer et informer le public pour lui faire connaître les droits des personnes handicapées de participer dans les différents domaines à la vie économique, sociale et politique et d'y apporter leur contribution;
- Encourager l'adoption de mesures effectives pour la prévention de l'invalidité et la rééducation des personnes handicapées.

Au Canada

Le Gouvernement fédéral a autorisé la création d'un Comité d'Organisation Canadien pour 1981, afin de stimuler et coordonner, au Canada, les programmes conçus en fonction de l'Année internationale des personnes handicapées.

Pour de plus amples information, écrire à:

L'Année internationale des
personnes handicapées (AIPH)
Casier Postal 1981
Succursale "C"
Ottawa (Ontario)
K1Y 4N9

Book Reviews

(Continued from page 46)

The book has a certain deceptive quality. It deals with these topics in a casual and conversational tone, there are many anecdotes from the experiences of the authors and their clients, and yet manages to offer some very sound advice and insights on the nature of human relations without reading like a textbook. The only problem might arise from it being used as a "how to" manual. The book is structured around the experiences of the authors and, although it considers many situations, cannot be used as a reference in which solutions to every problem can be found.

Although the intended audience is male without the custody of their children, the book is worthwhile reading for anyone who is close, either personally or professionally, to a dissolved couple. Or, because of what it reveals about contemporary marriage, it could well be used in secondary school or university courses on the family. ●

Reviewed by:
Thomas Abernathy
College of Home Economics
University of Saskatchewan, Saskatoon

UNIVERSITE DE MONCTON

L'Université sollicite des candidatures pour le poste de

Directeur (ou Directrice) de l'Ecole des sciences infirmières

Les candidatures seront reçues jusqu'au 15 février 1981, pour entrée en fonction le 1er juillet 1981. Le titulaire actuel ne sollicite pas le renouvellement de son mandat. Le poste est ouvert aux candidats des deux sexes. Le français est la langue d'usage de l'Université.

FONCTIONS: Sous l'autorité du Vice-recteur à l'enseignement, le Directeur est l'administrateur responsable du fonctionnement de l'Ecole.

QUALIFICATIONS: Les candidats doivent être titulaires d'une maîtrise en sciences infirmières ou de son équivalent et faire preuve de compétence administrative. Les personnes possédant un doctorat en sciences infirmières ou dans une discipline connexe sont spécialement invitées à soumettre leur candidature.

TRAITEMENT: Le traitement du candidat choisi sera lié à ses qualités et son expérience.

APPLICATION: Les candidats doivent faire parvenir un curriculum vitae détaillé et les noms et adresses de trois (3) répondants au:

Vice-recteur à l'enseignement
Université de Moncton
Moncton, Nouveau-Brunswick
E1A 3E9

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Ottawa, Canada K1P 5H3

YEARLY FEE:
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☐ SR. ☐ MS. ____________________
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Maiden Name (if applicable) ____________________

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(Area) Phone

__________ __________ __________
City Province Postal Code

BUSINESS NAME AND ADDRESS ____________________ __________
(Area) Phone

__________ __________ __________
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PRESENT POSITION ____________________

II EDUCATION

University, College or School Attended	Duration of Study	Major	Degree or Diploma received	Date received

III ☐ If you wish to become active in CHEA, check here.

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CUSO, Canada's largest independent international development organization, is seeking an industrial microbiologist with an M.Sc. or Ph.D. and relevant experience to teach, do research and act as consultant to the staff at the University of Ayacucho and people in the surrounding community.

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There are five classes of membership active including life, associate, student, reserve and honorary

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1. Active membership shall be limited to individuals with the following qualifications whose application is approved by the Board of Directors
   - a a degree in Home Economics from a recognized university, or
   - b a degree in a related field from a recognized university and by interest and activity serves the goals of the Association or,
   - c was a member in good standing of the unincorporated body known as the Canadian Home Economics Association at the time of the incorporation of the Association and who maintains continuous membership in good standing of this Association.
   - d The Board of Directors may grant active membership to one who, after five years of associate membership in the Association, is deemed to have made an active contribution to the Association or the profession
2. An individual who has had continuous active membership for at least ten years immediately prior to applying for life membership may become a life member subject to the approval of the Board of Directors.
3. An active member, in recognition of outstanding contribution to the Association over a period of years, may be awarded a special honorary life membership, subject to the approval of the Board of Directors.

Associate Members

Associate membership shall be limited to individuals with the following qualifications whose application is approved by the Board of Directors

A secondary school certificate and
- a a Home Economics diploma granted by a recognized college or school of technology after two years of successful study, or
- b a provincial Home Economics teacher's certificate, or
- c a provincial teacher's certificate with additional training in Home Economics equivalent to at least one year of successful study.

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Student membership shall be granted to a person enrolled in a **full-time** undergraduate program at any Canadian university, faculty, college, school or department which is eligible to send voting delegates to the A.C.H.E.S. convention.

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Reserve membership may be granted on application to the Board of Directors to those who qualify as active or associate members, and who are now
- a graduate students enroled in full-time post graduate study in home economics or a related field for a minimum of six months of the membership year May 1 - April 30
- b home economists employed on an average of less than 10 hours per week
- c retired

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Honorary membership is granted by unanimous vote of the Board of Directors to a non-member who has rendered exceptional service to the field of Home Economics

FEES —	Active and Associate members (annual)	$ 55.00
	Life Membership	825.00
	Student members (annual)	17.00
	Reserve members (annual)	27.50

Membership includes subscription to the Canadian Home Economics Journal published Spring, Summer, Fall, Winter
Membership year — May 1 to April 30

Home economics graduates from Canadian universities for the year immediately following graduation may become members of the Association at a fee which is one-half the current active/associate membership fee.

If you are moving or changing your name, be sure to advise the CHEA. Attach the mailing address label from your current Journal in the space below and send the form to CHEA six weeks in advance of your move.

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URGENT REQUEST FOR MALAWI

The University of Malawi requires a person to head the home economics program at Chancellor College in Zomba, Malawi. The post will be open January 1981. Recruitment for the position is part of a link between the University of Malawi and Mount Saint Vincent University. The link will involve exchange of faculty (five members by 1982) and students. Specialists in all areas of home economics are required for full time and short term assignments. Enquiries or applications with three referees should be directed to Marilyn E. McDowell, Chairman, Home Economics Department, Mount Saint Vincent University, Halifax, Nova Scotia.

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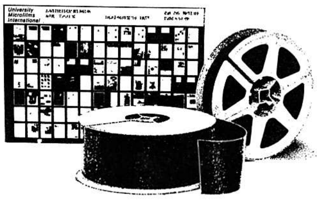

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The 1980-81 CHEA Membership Directory is available to members for non-commercial use for $5.00; order your copy by forwarding a cheque for $5.00 to the CHEA National Office, Suite 203 - 151 Slater Street, Ottawa, Canada K1P 5H3.

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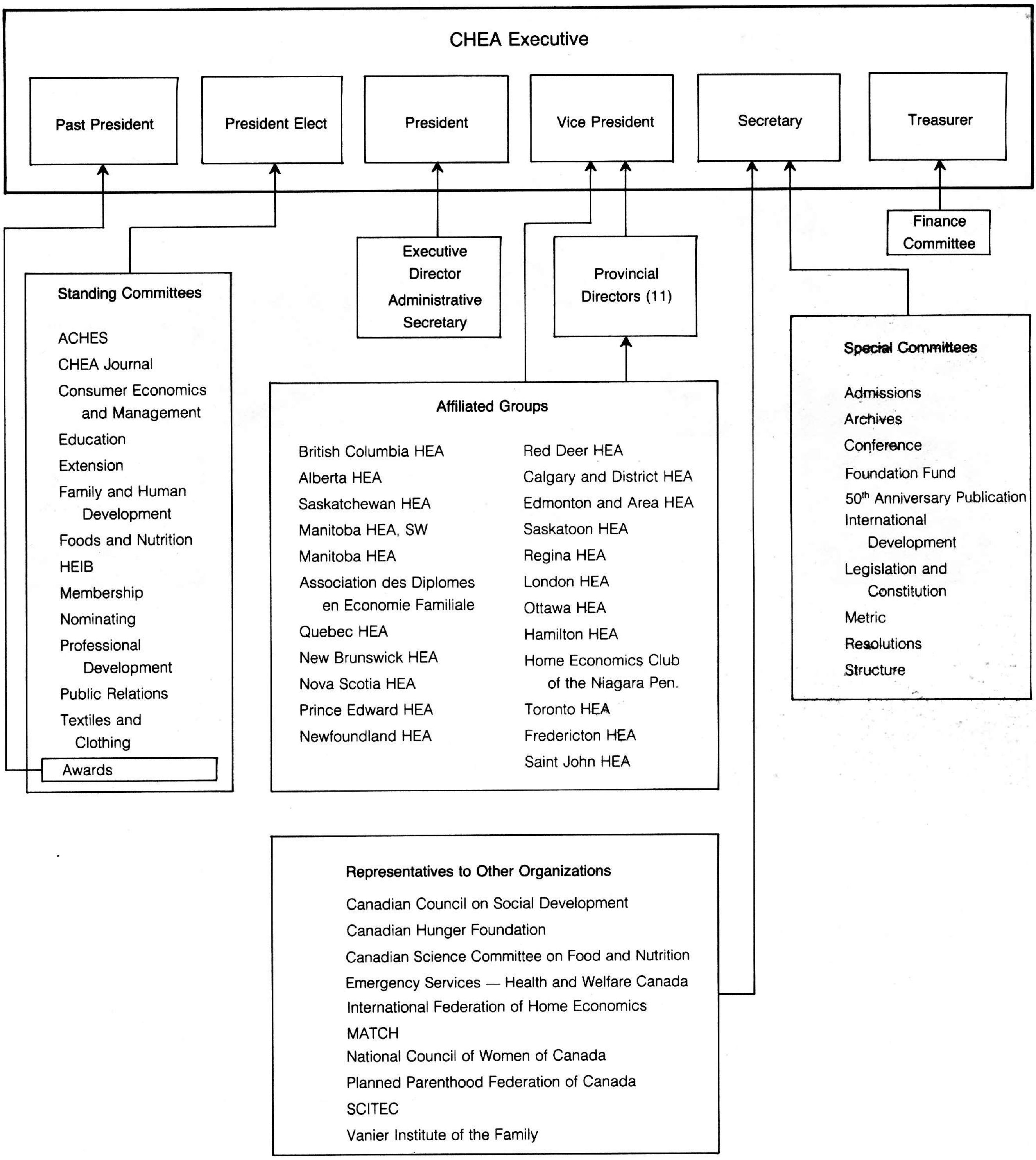

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